RAMSEY & WARBOYS REPORTER

ISSUE 17 • NOVEMBER 2016

COVERING LOCAL NEWS, SERVING LOCAL PEOPLE

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PLUS Business, Travel, Crime, Motoring and a whole lot more...

'TIS THE PANTO SEASON

A professional production of Treasure Island, inspired by Robert Louis Stevenson's novel, produced by Peterborough based -theatre company, Lamphouse Theatre, will be playing at the Drill Hall in Ramsey on Friday December 2nd at 6pm. The company are keen to perform in Ramsey and so are staging their production at a price aimed to attract an audience to their first appearance here.

Promoting Ramsey's Ann Cuthbert said that "this is a great opportunity to have a Christmas show here in Ramsey and this project (funded by Ramsey Million) is very happy to be involved. Fun for the family, a night out for anyone who loves live performance, a treat for Treasure Island fans and a chance to have a tot of rum with the pirates!"

Lamphouse Theatre has enjoyed success in the past with similar events. To find out more, turn to page 19.

LAMP HOUSE THEATRE

Residents warned of ashes danger!

Crews from Huntingdon and Ramsey were called to a fire in a log store, which spread to a hot tub, and affected a car and neighbouring property.

The fire was caused by some hot ashes which had set fire to the log store.

Firefighters wearing breathing apparatus used three hose reels to extinguish the fire and returned to their stations by 8.37am.

Watch Commander Steve Fleming said: "We would advise all property owners to ensure any hot ashes are cooled down fully before they are disposed of."

Cause of the fire was accidental.

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The Ramsey & Warboys Reporter is an independent newspaper with no ties or associations with any larger publishers or organisations.
Each month, we bring you the best selection of news, views and what's on in the Ramsey area - written and produced locally and delivered **FREE** to your door.

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The Ramsey & Warboys Reporter

Phone: 01487 462 100
info@ramseyandwarboysreporter.co.uk

The Local Picture

"I think it's absolutely amazing. For me, since 2011 it's been my biggest goal to get other groups supporting the event, not necessarily having to do too much but just helping the event, because it does bring over 300 people to Ramsey and I think that's just phenomenal"

Lisa Duffy - Chairperson of the Ramsey Christmas Lights Committee

Number of years the Christmas Lights Committee have been illuminating the town **50**

HAVE YOUR SAY

See what our readers have been saying about their issues on page 22

£420 Amount raised by Warboys 55 Club for Macmillan Support

Despite our reporting in last months edition, Ramsey Town Council will not be pursuing the skills of an 'electrocutioner'. However, clearly someone has called an 'electrician' as we are pleased to see the town clock is back in working order. Thank you to all who emailed in.

1102 Number of calories burned in a single day by our editor Adam as part of the second month of his fitness challenge. To find out more, turn to page 28

RAINBOW SURGERY AGM

The Rainbow Patient Group are holding their AGM on Monday 21st November at 7:00pm. There will be news on the recent CQC inspection and other matters.

NO PLACE LIKE HOLME

Congratulations to the organisers of 'Life on the Holme Front' on another incredibly successful weekend.
We are pleased to report that from slightly soggy Saturday to supremely sunny Sunday thousands of visitors flocked to the village, in the hopes of enjoying an assortment of attractions while raising money for the St Giles Church, amongst other causes.

Crowds were drawn to the ever present vintage military vehicles and similarly classic cars, while last year's favourites the ridable tanks were back and better than ever.
Finally, the military parade added to the sense of nostalgia and remembrance.
We always look forward to this unique event, and were just happy a few characters had some time to read our paper!

ITS A **GOOD** MONTH FOR

CHURCHES

Several working parties have been tidying Parish Churches in the area.
See page 3 for more

ITS A **BAD** MONTH FOR

BIGGIN LANE

Residents attended Ramsey Town Council to seek information on a passed planning application

Dates for your Diary

NOVEMBER

CHRISTMAS SPECIAL!

Looking forward to the Christmas Light switch-on season? Here are all the dates you need to know:

25th **Bury** lights will be switched on at 5:30pm by Councillor Peter Bucknell, Chairman of HDC, with children from Bury School also performing

26th **Ramsey** Events throughout the day including an Italian Market, Community performances and a number of other attractions.

26th **Warboys** as usual, the switch-on event will begin at 5pm with mince pies and refreshments available.

12th **Friends of Ramsey Mortuary Chapel Christmas Coffee Morning** held at the Community Hall from 10:00am to 1:00pm

20th **Fenland Light Railway Running Day** Train rides £1 per person open from 12:00am

20th **Children's Christmas Party** a fund-raising event for Ramsey Christmas Lights, doors open from 2:00pm with tickets priced at £3 per child.

Autumn Cleaning

Local churches get the deep clean treatment

Working parties focused their efforts on Bury and Warboys Parish Churches this month, with large groups helping to spruce up the pews ready for the upcoming winter services.

Local parishioners and volunteers, aided by clergy, formed two separate working parties to help clean the two churches. At Bury, measures included removing an old notice board and filling a skip with all manner of detritus. The pigeon problem plaguing the church tower was also tackled, although it is expected that the birds will return.

By far the largest of the groups attended Holy Cross Bury, where upwards of twelve volunteers were trimming hedges and tidying inside the church itself, including climbing and cleaning the tower. Church Warden Roger Taylor, who supervised the cleaning, spoke of the pleasure at seeing a great number of parishioners helping the working party: "These are all members of the congregation and it's good to see different people coming along and lending a hand. Some people really enjoy doing this – it's a good time to get together, have a bit of fellowship and get the job done".

A smaller but no less devoted working party could also be found in Warboys, where volunteers washed the beautiful stained glass windows. Jan, who headed up the cleaning team at Warboys' Mary Magdalene Parish Church, clarified that their efforts were backing up those made by dedicated churchgoers, saying "We're trying to do a deep clean because we have quite a few parishioners who clean the church week on week, but a lot of them are getting elderly and its not as easy for them to do it, so we do a deep clean twice a year."

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A new look for Goldilox... a new experience for you!

Goldilox's golden sign has shone over Ramsey High Street for nearly eight years since its opening in April 2009. Now, co-founders Sally Loades and Lian Griffin have given the store a make-over of its own!

Days gone by

A change in circumstances led to Sally and Lian moving into their own premises and they have been going from strength to strength since. Goldilox now provides a wide range of classic and contemporary hairstyling services, which when added together with the very friendly service from the staff leads to a thoroughly lovely hairdressing experience.

Having started out on their own, the co-founders now work as part of a team of six, which includes decades of experience from the four staff stylists, namely Rebecca Hutchcraft, Rachel Moore and Kirsten Matthews, with new apprentice Jo Curran having just joined the team. Today, their clientele includes current Ramsey Mayor Adela Costello, who was more than happy to be snapped with her new hairdo alongside the ever present Goldilox desk.

What's been going on?

According to Lian, the remodel was needed after taking on new staff, and it took just a weekends work to get Goldilox Hair Studio looking pristine again. Improvements include adding a third basin (pictured) and an additional styling unit complete with the ever essential large mirror.

Lian later explained why the change was necessary. "Because we have grown a little bit, we have added an extra styling unit and an extra basin, we just wanted to do the place up a little bit really" she said, "We wanted to smarten up, and we needed more space because we have more staff.

The secret to success

According to Lian, one of the key ingredients that makes Goldilox such a hit with their customers is the many brands and products which the salon uses. Included amongst their many shelves are well-known brands such as GHD and TIGI, while high quality stock such as Moroccan Oil, which is one of their best selling ranges. In fact, their favourite product in the range is the treatment oil, which nourishes, repairs, conditions and gives excellent shine to the hair instantly.

Why not give this service a go? A deep penetrating hair mask conditioning treatment on top of any service adds just that little something extra to that newly-cut feeling.

Looking forward

As for the future, customers have plenty more to look forward to after this re-design. Recently, the salon introduced Olaplex, a brand new product which rebuilds the strength and structure of damaged hair by helping repair broken disulphide bonds. It can be used on Virgin or chemically treated hair as a treatment during or after the colouring service.

The girls at Goldilox are now offering Olaplex in the salon, either as a treatment during your colour service or as a treatment prior to shampooing. It is highly recommended especially when lightening the hair. Why not take advantage of their special introductory offer of just £5 for the first treatment and £7 after.

Goldilox Hair Studio

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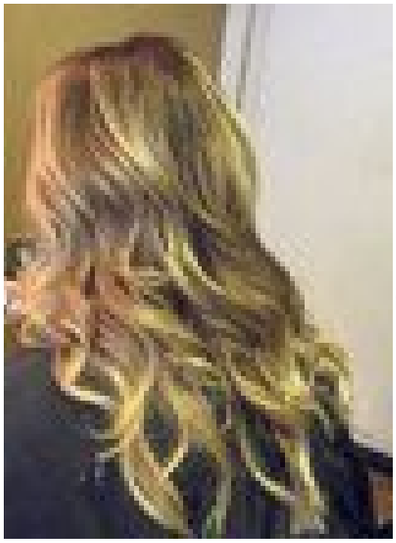

We are a thriving hair salon in the centre of Ramsey with a professional team of stylists offering many years' experience in hairdressing.

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Saturday – 8.30am – 4pm

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Email: **goldiloxhairstudio@gmail.com**
www.goldiloxhairstudio.com

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For any enquiries or to make anappointment, drop in and see us at:

Goldilox Hair Studio

57a High Street, Ramsey, Cambs PE26 1AB

TOWN COUNCIL GOES ONLINE

RAMSEY TOWN COUNCIL IS LAUNCHING IT'S BRAND NEW WEBSITE THIS MONTH

Ramsey Town Council are launching their new website this month, following in the footsteps of Bury, Warboys and Upwood whose parish councils have been online for some time.

Hosted at ramseytowncouncil.gov.uk, the new site is designed to allow the public easier access to town council minutes, agendas, regulations and the councillors themselves, whose details have been added to the site. One can also find contact information for district and county councillors, Shailesh Vara MP and the office of the Town Clerk.

Regarding the site, which has taken several months to build, Town Clerk Gary Cook said "it was actually in middle of May this year when we placed the order, once training had been undertaken on how to set up and administer it we have spent time populating it with regulations, policies, pictures and two years' worth of meeting minutes. Unless we experience a problem with the hosting side everything is done in house."

Contracting a team from Leicester who have experience in building websites for local councils, Ramsey invested £1,200 plus VAT in the new site, a cost which includes initial training, web hosting and the new domain name.

Cllr Adela Costello, Mayor of Ramsey, commented that she was thrilled with the new site, saying "It's great, people will be able to access not only information on the Town Council but also links to the District and County, so if residents want to look up, for example, a planning application they will be able to check there". The Mayor also acknowledged the hard work of Amanda Jerrom, Assistant Town Clerk, who was responsible for populating the site and will be charged with keeping all information up to date.

You can check out the new site at

www.ramseytowncouncil.gov.uk

Let us know what you think!

UPDATE FROM RAINBOW SURGERY

Rainbow Surgery Closed List

We are grateful for the understanding shown by patients who have asked to register but discovered that our list is closed at present. We are continuing to offer the full range of services to all our existing patients and hope to maintain our quality standards. There have been various initiatives from NHS England and the Cambridgeshire Management Team but at the moment, these are mostly at the talking stage with no concrete developments to date. We are continuing to look at developments and new health initiatives in the meantime so it really is business as usual for our registered patients.

Over the Counter Medicines

The health authority are trying to encourage patients to buy medicines that are available over the counter rather than to get them on prescription, even if they are exempt from paying normal prescription charges. The rationale for this is quite simple. The NHS cannot afford to do everything that it is currently being asked to do and in the trade-off between paying for hip replacements, cataract surgery and cancer treatments, all that spending comes out of the same pot that also pays for paracetamol and hay-fever prescriptions. If patients could buy those items themselves, that leaves more in the pot for areas that only the NHS can pay for. We would be grateful if patients would accept some of these small areas of personal responsibility and make their own contribution to try to keep the NHS viable where it really matters.

On-line Access

Many people are now quite familiar with using on-line services to tax their car, pay bills, and do simple banking. It is no harder to do a few useful things on-line for your healthcare. You can order repeat prescriptions on-line, make some appointments on-line, but in particular you can look at your lab results, as well as many elements of your medical records. This is particularly useful if for example you are on special medication for arthritis or have diabetes. We would particularly encourage these 2 categories of patients to register for on-line access as it will help ensure that they are getting the best care. It is easy enough to register for on-line access. Details are on our website. You simply need to bring to the surgery proof of ID and proof of address unless you are already very well known to the surgery staff. We hope more patients will make use of this. It will mean that you can access important elements of your records outside normal working hours and this also reduces the pressure on the phones and the reception staff. We think it is an element of progress that may well suit more than half of our patients.

by Dr Arunaggarwal

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MILKSHAKE JUNCTION FUND FIGHT AGAINST CANCER

Held a week later than other traditional Macmillan 'Coffee Mornings' in Ramsey, to avoid opposition with other businesses taking part, Milkshake Junction's morning began at 11am on Friday, 7th October.

As well as hot beverages and cold drinks, donated by Milkshake Junction, we were treated to a wonderful selection of food which included sponge cakes, Smarty cakes and Rice Krispie Cakes courtesy of proprietor Claire Thawait, as well as home-made pastries from Joan Smith, farm house bar cakes and orange and pumpkin seed cakes donated by Bury Cakes & Pies, together with a further selection of cakes from the Windmill Bakery. A voucher was also donated by Tesco.

Leeann Wilmer, Head of Events, Community and Individual Giving at Pancreatic Cancer UK, said: "We are delighted Claire at Milkshake Junction is hosting a Bake a Difference event and that she has chosen to support Pancreatic Cancer UK.

"Milkshakes Junction's Bake a Difference event will help us take on pancreatic cancer together. Their support will help us fund our expert specialist nurses on our free Support Line, who provide information and support to anyone affected by pancreatic cancer. Funds raised will also help us fund innovative research which will change how we understand, diagnose and treat pancreatic cancer."

Milkshake Junction will be holding cake sales and purple sales throughout the whole month of November at 70 High Street Ramsey.

Heritage Drive Trail

Whilst we enjoyed our drinks and food we were also joined by the members on the Heritage Drive Trail, who stopped off for refreshments at the end of their trip. They were also presented with a cake by Claire, which was cut and shared by Ramsey Promotions Officer, Ann Cuthbert.

Claire tells us that yet again the morning was a great success with £125.51 being raised for the charity.

Milkshake Junction to Bake a Difference for Pancreatic Cancer UK this November
Milkshake Junction will also be rolling up their sleeves on the 1st to 30th November to Bake a Difference and help raise vital funds for the Pancreatic Cancer UK charity

They have chosen to support it because it's a brilliant charity for a type of cancer that needs early diagnosis to be treated and we all need to be aware of the early signs.

Claire at Milkshake Junction said: "I lost my mum to Pancreatic Cancer two years ago this month. When we were first told we did not know what Pancreatic Cancer was, we had to look it up. From being told mum had it, to the day we lost her, was six weeks. Over the six weeks it followed the text book exactly. If we had an early diagnosis and that went to the book, we would still have my mum here with us today." Pancreatic Cancer UK is trying to make people aware of the early signs as well as many other things.

Budding bakers

November is Pancreatic Cancer Awareness Month and Milkshake Junction will join budding bakers across the UK in raising funds to help Pancreatic Cancer UK provide vital information and support, fund innovative research and campaign on behalf of people affected.

About pancreatic cancer:

- Only about five per cent of people with pancreatic cancer live for five years or more after diagnosis.

Source: NICE Referral Guidelines for Suspected Cancer 2015

- Pancreatic cancer has the lowest survival rate of all the 21 common cancers, with just one per cent of patients surviving 10 years after diagnosis.
- One person dies of pancreatic cancer every hour.
- Five and ten year survival for pancreatic cancer has improved very little since the early 1970s.
- Around 9,400 people are diagnosed with pancreatic cancer per year in the UK. That's 26 people every day.
- Pancreatic cancer is the fifth most common cause of cancer death in the UK.
- Pancreatic cancer is predicted to become the fourth largest cancer killer (overtaking breast cancer) by 2030.

Source: Cancer Research UK

- Just 1.6 per cent of cancer research funding in the UK is currently directed towards pancreatic cancer.

Source: National Cancer Research Institute, 2015 figures

Gap Learning at The George

GAP Learning is heading back to Ramsey in November with two exciting workshops. This isn't the first time GAP has popped into town as they have previously run their 'Fullspoon' cookery course that was a massive success. As well as this, Ramsey Crafters, our very own town craft group was set up by people who attended one of GAP Learnings craft courses. Using the skills they learnt from the course they have gone on to create a bi-weekly craft group.

Sisters Amanda Page and Teresa Crickmar founded GAP Learning in 2014 and since have strived to deliver practical and creative workshops accessible to all. GAP itself stands for Generating Alternative Possibilities, which they do through transformative learning. The workshops provided by GAP Learning are engaging and encourage people to embrace their abilities and learn new skills that will help them not just on the course but also throughout life.

Starting on November 9th GAP will be running a 5 week 'Fullspoon' cooking course at The George Hotel. The course has been put together to help develop basic cooking skills, learn how to reduce food waste and make the most of food budgets. GAP will be show how to make easy and healthy recipes from all around the world in these two and a half hour workshops.

As well as 'Fullspoon', GAP Learning is teaching a second course, also at The George, 'Craftworks for Confidence'. 'Craftworks' is a creative wellbeing course that aims to teach mindfulness and stress reduction techniques while developing a range of craft skills. At the end of these sessions participants will have something beautiful and meaningful to take home whilst most importantly having fun! The 'Craftworks' course will start on the 10th of November and again runs for 5 weeks.

GAP Learning is all about inclusiveness and no matter what you do or who you are you are welcome to sign up for these courses. If you have been on a course before and want to do it again you are more than welcome! These workshops aim to give you a few hours a week to focus on you, learn new skills and have fun.

For more information about GAP Learning visit **www.gaplearning.co.uk**
For enquires about the course contact Teresa on **01480 731131** or **enrol.gaplearning@gmail.com**

TEMPERS FLARE AT COUNCIL MEETING

This month's meeting of the full Ramsey town council was marked by a Fiery debate over toilet access, as well as discussion of controversial travellers plans and residents' concerns over Biggin Lane developments.

The meeting began with comments from several residents, who noted their disappointment at not being informed that a planning application located close to their residences was discussed and approved at the last meeting. They were informed by councillors that the application had been called for development at the panel, and that they would be allowed a chance to air their issues at that forum.

A livelier debate was provoked by two planning applications regarding sites for travellers families in Ramsey Heights, one proposing two static caravans and touring caravans with a day room/facilities block for one extended gypsy/traveller family and another of four plots and an additional day room. Both were eventually rejected by councillors on the grounds that the sites were not specified within Local Development Plan and concerns that building work would have a significant adverse impact on the area, due to its proximity to the Great Fen Project. Several councillors have since expressed a concern that this will be ignored by further planning panels at higher levels.

However, an acrimonious discussion broke out between several UKIP and independent members during an item on Working Party Recommendations. On the issue of the public toilets, a working party had previously agreed to recommend the installation of a coin mechanism on the disabled toilet door at a cost of £2,000, while closing the two vandalized toilets permanently. However, Cllr Peter Reeve proposed an amendment against the latter measure, and was informed by several councillors that he was unable to make that amendment as that wasn't the issue recommended. The closure of the toilets had previously been agreed at a meeting and fell within the six-month rule. Cllr Reeve's defense of the toilet block led to an admonishment of the working party system as "corrupt" did provoke the ire of several councillors, one of whom suggested reporting the comments to a standards authority. After intense debate, which required Cllr Costello to call order via her gavel more than once, Cllr Reeve proposed to suspend standing orders to be able to discuss closure of the toilets again. The proposal was defeated by seven votes to six. However, the original issue of the coin mechanism was then refused, and the matter will go back to the working party. In the meantime, the male and female toilets remain closed due to vandalism, while the disabled toilet door is operable by radar key.

Cllr Doug McIlwain, current Deputy Mayor of Ramsey and chair of the finance working party, later commented that "If Cllr Reeve had not been grandstanding and allowed the recommendation to go through, at least one of those toilets would probably now be open with a pay mechanism to protect it from vandalism. Instead, Cllr Reeve is asking the taxpayer to invest over £17,000 to repair the existing facilities".

FROM DRUNK TO COUNCILLOR

How the Gainsborough Foundation helped one Ramsey resident turn his life around

A decade ago, Ramsey Town Councillor Peter Boost was a functioning alcoholic, commuting to a stressful management job in the City of London. Now, he lives sober in Ramsey, works with disabled residents and could not be happier. He puts that success down to support from the Gainsborough Foundation, a charitable organisation leading the way in treatment of alcoholism.

When Peter first moved to the area, he was looking for an escape. In his new work with Oaktrees Care Home he found a more fulfilling job. In Huntingdonshire was the far less stressful lifestyle he had craved. But there was still one problem – alcohol. Peter happily describes himself as a former functioning alcoholic, needing that extra buzz to get him through the day. Fortunately, in Ramsey he found the Gainsborough Foundation.

Cllr Peter Boost at the winning post. It has been 8 years since his last drink.

Peter describes the Gainsborough Foundation as "a flagship leading the way in supporting the afflicted who suffer from alcohol additions right here in Ramsey", and certainly its roots run deep in the town, supported by Dr Arun Aggarwal, who still serves as lead GP for the project. Now the UKs leading alcohol recovery service, it was formed by a man who understands alcoholism at a very personal level - Nick Charles MBE.

Alcohol abuse led Nick from a glittering career as a top cabaret artist to sleeping on the London streets. Along the way he lost his family, his home, his living, and his self-esteem. He began with day centres and progressed to the residential field and founded the esteemed Chaucer Clinic which grew to be the largest unit of its kind and successfully helped not just victims but families too. For this work he became the first person to be honoured for 'services to people with alcohol problems' and was awarded the MBE in 1996. He expanded his work to even greater heights by taking his recovery programme to GP surgeries, founding the Gainsborough Foundation, an organisations which to this day practices his unique recovery programme.

In Ramsey, the effect of the foundation is something of an open secret, which Peter attests to an unwillingness to speak out. "There is no secret in that thousands have been helped", he says, "but their success is not widely known as drunks do not advertise or discuss their plight freely in public. So, I'm speaking out as once the town drunk and now a town councillor."

He continued: "The Gainsborough Foundation invests in people's futures, whereas very little is invested into the foundation itself. The service has by now saved the NHS thousands of pounds in self-inflicted liver disease and drink-fueled violent episodes that leave people in A&E in this area".

BOW WINDOW

has another great Macmillan Coffee Morning

As with previous years, the Bow Window restaurant played host to residents from the nearby Red House Care Home, who were treated to a plethora of wonderful cakes and teas from a well-stocked table in the dining room. They raised £220 for Macmillan as well as providing a great morning out for the Red House residents.

UKIP

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Ramsey & Bury
Mick Mean
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Ramsey & Bury
Cllr Lisa Duffy
07775 693420

Ramsey & Bury
Cllr Pete Reeve
07792 290434

Warboys, Wistow & Upwood
Andy Monk
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You can contact us any time or visit us in the **Ramsey Library** on a Wednesday between 10 - 4pm

This is a paid for advertisement

Sledge Hockey Star to swim 200km

By Adam Roberts

Local star and international sledge hockey player Darren Brown is attempting to swim over 200k in order to raise money to compete at world championship level.

Darren, who is without the lower portion of his right leg, is attempting to raise £2,000 to take GB Sledge Hockey to compete in the World Championships in Japan in November, and therefore gain the chance to qualify for the 2018 Winter Paralympics.

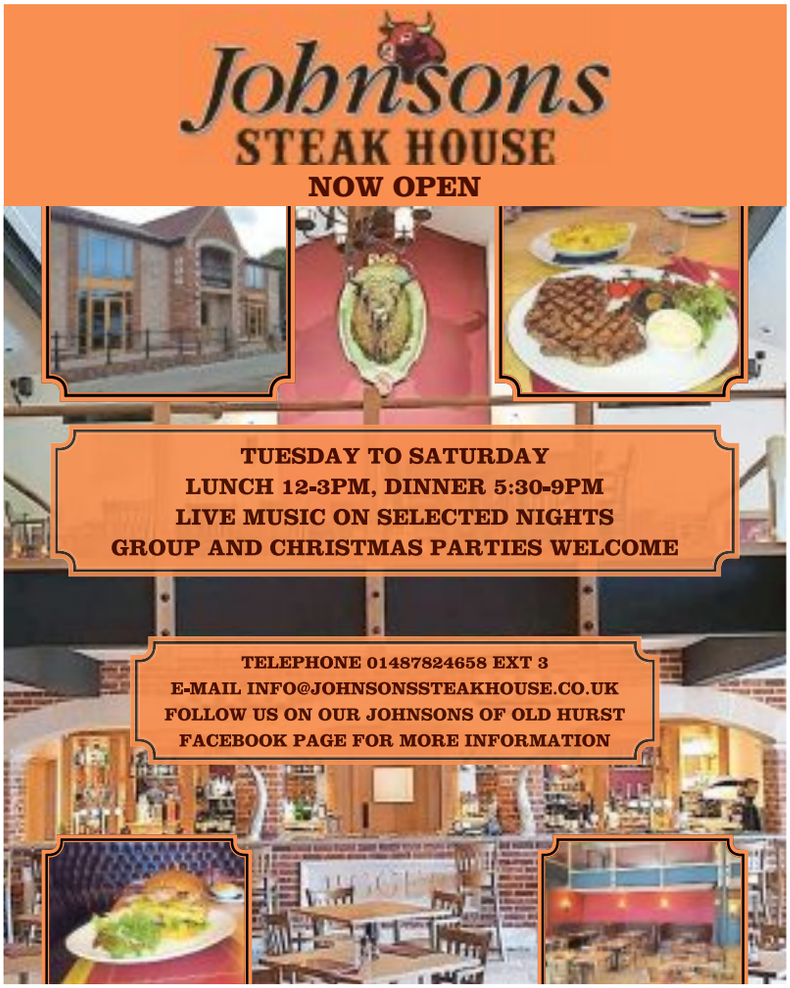
Sledge hockey was invented in Sweden in 1960 as a way for disabled athletes to complete in ice hockey. Described by Darren as "same rules, and contact as the able bodied hockey, just we sit on sledges", the sport notably is one of the few that allows able bodied and disabled sports-people to play on an event footing. As for the game itself, Darren summed up play as "fast, tough and incredibly physical." His GB team competed in the last World Championships four years ago, and despite very little financial backing came away with Bronze medals.

Darren is now attempting to equal or better that feat, and explained why the team is having to self-fund their campaign: "Sadly we receive absolutely no funding from any associations and the trip to send a team of around 15-16 people costs around 30-35k and it's entirely self-funded. I'm really trying to get as much sponsorship as possible and I basically started by setting myself a goal of swimming '200k' in about 4 months"

He has already received help from local companies including Xtreme Sports and One Leisure, who have provided free access to their gym and swimming pool in order for Darren to train and fundraise. He has currently completed around three quarters of his allotted distance, and is expecting to reach the 200,000-kilometer mark in time. "Currently I'm on week 15 and so far I have covered 142k", said Darren, "each weekday evening I try and swim between one or two kilometres".

Of course, Darren is hoping that his efforts will promote the sport which he loves. "The better awareness we create around sledge hockey then the better the opportunities we will be able to provide for children & young adults with disabilities to get them on the ice within the UK. Sledge Hockey is one of the very few fully inclusive sports in the UK and it allows people with disabilities to compete on an even playing field as their able bodied opponents."

You can follow Darrens's progress or make a donation on: https://www.justgiving.com/crowdfunding/darren-brown-1



A Ramsey Christmas Spectacular!

We sit down with Christmas lights committee chairperson Lisa Duffy to find out what's in store

Ramsey will celebrate its 50th Christmas Lights Switch On event this year with a special programme including market stalls, stage shows and a fairground.

The event, which is due to take place on Nov 26, is set to be the biggest and most spectacular yet, as Lisa Duffy explained: "We're celebrating this year with a day event, so starting at one o'clock and finishing at eight. We will have the fairground as usual, we'll have a lot more stalls and they will be there throughout the day". There will also be performances throughout the day on a specially ordered stage, which is being sponsored by Ramsey Neighborhood Trust, while the army cadets will open the event with a parade at one.

The switch-on event itself will begin with community events at 5:30, which include music from Ramsey Choir and a prayer led by Canon Richard Darmondy. Andrew Sinclair is set to flick the switch, although organizers have suggested he may be joined onstage by another mystery guest. However, acts will be performing on stage throughout the afternoon, changing approximately each thirty minutes. According to Cllr Duffy, "rather than trying to squash the whole community into one hour we will be using the whole afternoon, so we're encouraging as many community groups as possible to attend. People who want to come on board should just get in touch!".

As part of the 50th anniversary celebrations Santa is expected to make a visit, and will be available in his Grotto at the Bus Station for most of the afternoon and into the evening.

"It really will just be a big community day", says Lisa, "the only thing we can't plan for is the weather!"

One thing the Christmas Lights Committee is very keen on promoting is the work that has gone into the last fifty years of switch-on events. "We're encouraging as many people as have been involved in the Christmas Lights over the last fifty years to get involved and become a part of it", said Lisa, "so it will be really lovely to get a big photograph of the Mayor turning on the lights with Andrew Sinclair and as many people who have been involved as possible. They are unsung heroes, out there putting the lights up and taking them down."

As for the lights themselves, a newly designed 50 light is set to be unveiled in the next month, but unfortunately the lights themselves will be centered on Great Whyte and not in the High Street. Lisa explained that "because of the overloaded lorries, who have pulled the lights down over successive years, we are now at the point where we need to do a lot of repairs and that takes extra money, so our focus this year will be on the Church and down the Great Whyte". It is expected that there will be a large light and a small grouping of others around St Thomas a Beckett Church and the Almshouses, with the remainder focused along the Great Whyte. "Our focus for the next few years will be to gain the funds to do something down the High Street but likely not across the road, more along the side", clarified Lisa.

To find out more, search for Ramsey Christmas Lights on Facebook.

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Ramsey Million
Big Local ideas for Ramsey Parish

Size Doesn't Matter!

We're really excited to announce the new 'pocket sized' Ramsey Neighbourhood News. The feedback regarding the new format so far has been extremely positive. Ramsey Neighbourhood News started eight years ago and continues to go from strength to strength. The format may have changed but the ethos hasn't. Ramsey Neighbourhood News is about the great things local people are getting up to. This can be as individuals or as part of a group or organisation. There's lots to celebrate about living in this area and being part of our community and it's those positive stories we want to share with everyone. It's also a place where you can find out about forthcoming events, training and funding opportunities. Ramsey Neighbourhood News is published by Ramsey Neighbourhoods Trust, the charity that manages Job Search, Ramsey Phoenix Project and provides programme management and support for a number of the Ramsey Million Projects.

Recently we looked back through our archive. What a long way we have come eight years. The magazine started as a single A4 sheet of paper and has developed into the publication we have today thanks to our contributors, advertisers and great team of volunteers who batch and deliver the magazine. Ramsey Neighbourhood News is also proud to work closely with the Ramsey and Warboys Reporter to bring a wide variety of news and features to our community as well as offering joint advertising packages. However, the content of a quarterly magazine is very different to that of a monthly newspaper. At the Ramsey Neighbourhood News we aim to publish timeless features or the stories behind forthcoming events or initiatives. But most of all we have worked extremely hard to put together a magazine that we hope reflects life locally.

So we hope you will enjoy Issue 37 of Ramsey Neighbourhood News. It's full of our regular features such as Dates for Your Diary, Useful Numbers, Book Review, Family Fun as well as some great stories about local people. We are also delighted to have journalism student Sophie Maddox, on a work placement from Cambridge Regional College, writing for us for the next few issues so look out for her articles.

Issue 37, Winter 2016/17 will be popping through your door and available online from mid- November and covers the period November 2016 – February 2017. If you have a good news or interesting story you want to share, or you wish to advertise with us, the deadline for Issue 38 is 25th January 2017 (Covering March – May 2017).

Ramsey Neighbourhood News Editorial Team

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Ramsey Million
Big Local ideas for Ramsey Parish

Monday 7th November
Ramsey Community Centre
Join us for light refreshments at 5.30pm for a 6pm start

Let's Celebrate!
and
New Grants Scheme Launch

We are changing the way Ramsey Million Partnership award grants. Why not come along and find out more about what has been achieved so far, our vision for Ramsey Parish and see if your organisation is eligible for a grant?

For further information ...

- **Email:** grants.ramseymillion@gmail.com
- **Address:** Ramsey Million Partnership, Neighbourhood Office, 25 Great Whyte, Ramsey, PE26 1HG
- **Telephone:** 01487 814897 / 07955 817137
- **Website:** www.ramseymillion.org
- **Facebook:** Ramsey Million
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Ramsey & Warboys Reporter

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Ramsey
Open for Discovery

A Grand Tour

PROMOTING RAMSEY LAUNCH NEW HERITAGE DRIVING TRAIL

by Adam Roberts

A brand new driving trail designed to highlight heritage sites across the Fen Edge, stretching from Peterborough to Ramsey and covering some of the region's most historically relevant sites and areas of great natural beauty.

A Tour of Historical Importance

Designed by the Promoting Ramsey Project, working in concert with both the Ramsey Million Partnership and local heritage groups, the driving trail highlights some of the historic sites and landmarks linking Peterborough City and Ramsey town across the fen edge, including The Abbey Gatehouse, Peterborough Cathedral, RAF Upwood and Holme Fen. It is available in leaflet form from both Ramsey Library and the Tourist Information Point in Peterborough, which is currently devoting a window display to Ramsey's many tourist attractions.

As part of the tour, which began at Peterborough Cathedral at approximately 10AM, representatives from many of Ramsey's heritage groups including the Mortuary Chapel, the Walled Garden, the Abbey Gatehouse and Ramsey Rural Museum were taken to several of the locations.

Plenty of Local Dignitaries

Joining the group for the excursion was Sealed Knot Royalist Annie Wells, who got the group marching in time at Peterborough Cathedral and provided a stark reminder of the area's illustrious and mysterious history.

The shortened tour included the Great Fen New Decoy Information Point, where the Great Fen Project's Kate Carver spoke of the project's vision for the future, and St Peter's Church in Yaxley, where Stuart Howe of the Fenland Trust gave a presentation.

Stuart later commented on the trip, saying "when Ramsey announced they were going to do this driving trail we obviously wanted to be a part of it. So we are very grateful that Yaxley has been allocated a spot on the trail."

Ramsey Town Councillor and Deputy Mayor Doug McIlwayne also took a seat on the first bus, representing current Mayor Adela Costello who was on holiday at the time. He later praised the many groups involved, saying "it was a fantastic tour which highlighted some of the many heritage attractions that Ramsey has to offer. My congratulations to the Promoting Ramsey Project and all the other groups involved in this endeavour."

To take on the trail yourself, simply grab a leaflet from either the tourist information point in Peterborough (opposite WH Smith's) or visit Ramsey Library.

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Ramsey WI

We said a sad Goodbye to Reda Cross who died recently, Reda a long time member of Ramsey WI will be missed for her friendly face and chats.

On September 21st Diana Hyde held a coffee morning at her home in aid of the "Save Denman" appeal. The total from this and other fund raising is in excess of £200 and ladies enjoyed the sunshine while nibbling on bite size sweet and savoury treats. Denman was formally established in 1948, and named after Lady Denman, the first chairwoman of the WI federation. Today, students attending Denman do not have to be members of the WI, and the college accepts both male and female learners. Courses at Denman are on a wide range of subjects including the arts, crafts, music, history, sport and technology. Denman is also the home of the WI Cookery School

Buzz Around the WI

By Anna Bradley-Dorman - Member of Ramsey St. Mary's & Hampton WIs, Chair of Public Affairs and Vice Chair of Huntingdon & Peterborough Federation of WIs, Member Representative NFWI Public Affairs Committee.

Last month my WI activities seemed to be food orientated however, this month has been dominated by the environment. It all started at the end of September with a Bee Tea organised for members in this region. 'SOS for Honeybees' has been an active WI campaign since 2010 but bee keepers continue to be concerned about the low amount of honey being produced and the ever decreasing bee population. The Bee Tea was organised to raise awareness this. Richard Davies from Peterborough and District Beekeepers talked about a year in the life of a hive which was followed by a honey based afternoon tea.

8th-16th October was a Week of Action to celebrate the people, places and things people want to protect from climate change and make sure MPs feel that love. Last Valentine's Day thousands of people across the country made green hearts to show the love for all they want to protect from climate change. So when some of us from the Huntingdon and Peterborough area were invited to participate in Peterborough's first ever 'Fun Palace' we took the opportunity to create a green heart tree in Peterborough Central Library. It was great to see people of all ages and nationalities talking about what they care about that is effected by climate change.

As part of the week of action I was also invited, with two other WI members, to a meeting with Nicholas Hurd MP, Minister of State at the Department for Business, Energy and Industrial Strategy, at his offices in Westminster. He congratulated the WI for its support for the Climate Coalition and was interested to hear how WI members are encouraging debate through making and wearing of green hearts as part of the 'For the love of….' campaign and other initiatives. If you are interested in supporting the 2017 campaign you can find details at www.fortheloveof.org.uk

Ramsey St. Mary's WI

Our October meeting welcomed Ian Limmer from Peter Beals Roses Ltd, Norwich. This proved to be a very popular speaker as we were joined by several visitors. Ian Limmer is the nursery manager of this Chelsea Gold Medal winning company. He gave a pruning demonstration as well as showing slides of some of the 1,100+ varieties of roses grown by Peter Beales Roses Ltd.

November is our AGM when we shall also be participating in some Christmas crafts.

Abbey WI

What is my Style?

With the change of seasons the members of Abbey W.I. have been taking a long hard look at their wardrobe with the help of Mary Blackhurst, Hill, a local girl and expert on colour analysis to suit individual skin and hair tones and personality. Apparently we only wear 15% of the clothes in our wardrobes 85% of the time. There was much nodding of heads and slight coughs of embarrassment as this fact was digested. So with the help of "willing" volunteers Mary demonstrated using coloured scarves which family of colours worked best and flattered individuals by lighting up and working in harmony with skin tones. Warm colours versus cold colours. She showed us how to build up a colour look, how body architecture must be considered in influencing the shape of a shirt, length of a jacket or type and length of jewellery. So readers if you notice a new look to women in Ramsey they are Abbey W.I. members following through Mary's advice.

As you know the WI as an organisation is influential in many areas particularly with the resolutions which are voted on each year. This year one of the resolutions is addressing the problem of "Food Waste" by both retailers and individuals. To this end each member filled in a national questionnaire about food waste and reasons for it in their own homes. These will be analysed nationally, the results printed in our monthly magazine "W.I. Life" to provide background information hopefully generating ideas for combating the situation.

Next month is our AGM together with a fascinating speaker Geoff Evans on the subject of a "Little bit of Borneo", a talk on apes. Before then a coffee morning and craft lunch and book club will have taken place. Something for everyone.

If you feel you'd like to meet us come and have a cup of tea in Bury village hall the first Thursday in the month 2:00 till 4:00pm. You'll be sure of a very warm welcome or ring me Karen Prestage President of Abbey W.I. on 01487 813848

Try the WI

Did you know you can attend any WI meeting as a visitor? Crafts, gardening, history, community and public affairs issues – the list is endless - the WI has something for everyone. It's a great way to spend some time in the company of local women and, if you choose to, the WI offers regional and national opportunities. How much or how little you do within the WI is entirely up to you. Finding the right WI for you might take a couple of attempts as every WI is different so why not give it a try? (Individual WIs may apply a small charge). For more information about the WI or find details about a WI near you visit: www.thewi.org

WI	Time & Date	Location
Ramsey Abbey	2pm – 1st Thursday	Bury Village Hall
Holme	7.30pm – 1st Thursday	Holme Village Hall
Ramsey	7.30pm – 2nd Monday	Ramsey Community Centre
Ramsey St. Mary's	7.30pm – 3rd Wednesday	The Barn, Ashbeach School
Warboys	7.15pm – 2nd Wednesday	Warboys Parish Centre
Wistow	7.30pm – 2nd Wednesday	Wistow Village Hall

HOLIDAYS + TRAVEL

The Italian Lakes

There are 5 major Italian Lakes, from west to east they are Lakes Maggiore, Lugano, Como, Iseo and Garda. The Italian Lakes offer a bit of everything; pretty towns and villages perched on the water's edge, a backdrop of mountains, fine buildings and, of course, stunning scenery. The lakes were formed during the last Ice Age and are the result of glaciers thrusting down from the Alps and gouging out deep valleys where there was softer rock to create an easy pathway for the ice. As the ice melted, the lakes were formed. There are hundreds of lakes around this area of Italy.

Lake Maggiore: A long, thin lake on the south side of the Alps, shared by Italy's Piedmont and Lombardy regions and Switzerland's Ticino canton. Here you will find the lake's charm by exploring its picturesque and busy central parts and southern reaches by boat, using the network of ferries. One of the lake's most popular attractions is the castle of Angera. Don't miss seeing the tiny Eremo di Santa Caterina, a wonderful church that seems to grow out of the mountainside. The 3 tiny Borromean Islands, with terraced gardens and aristocratic villas, can be found in the middle of the lake, including the very lovely Isola Bella. The Sanctuary of the Sacro Monte of Varese is one of the most important of the Sacri Monti, which are an UNESCO World Heritage Site. The nearby Lake Orta is worth a visit. The little Island of San Giulio here, is dominated by its Romanesque basilica.

Lake Lugano: Nestled between Lake Maggiore and Lake Como it lies partly in Switzerland and partly in Italy. Lake Lugano lacks for nothing in beauty, character or charm and its Mediterranean type climate ensures it remains popular all year round with visitors from around the world. Enjoy outdoor sports, beautiful villages, gorgeous views, festivals and delicious food in the Lugano area, which draws thousands of tourists every year. The waters and mountainous backdrop make the region a haven for watersports, hiking, trekking, mountain-biking, horse-riding, sailing and golfing. Towns and villages around the lake like Gandria, Morcote, Carona, Porlezza, Melide, San Mamete and Campione d'Italia offer a world of history and culture with medieval churches, art galleries, museums, parks and gardens.

Lake Como: Is in Italy's Lombardy region, not far from Milan, it's an upscale area known for its dramatic scenery, set against the foothills of the Alps. At many points the shore is a sheer cliff. It is considered the most beautiful of the Italian lakes particularly in the centre of the lake, where the eastern Lecco branch meets the main lake. The lake is shaped like an upside-down Y, with 3 slender branches that meet at the town of Bellagio. A boat trip round the lake is the ideal way to explore. The trip from Varenna in the east to Menaggio in the west, by way of Bellagio displays all 3 arms of the lake. Towns around the lake include Como,a lively and pleasant town with an historical centre and scenic location. Bellagio an historic and charming town, with waterfront promenades, stately hotels and two gardens open to the public. Menaggio, which has small stretches of shingle beach and is a great place to act as a base for exploring the lake. From Varenna admire views from the Castello de Vezio or relax by the lake. Lecco has good opportunities for serious mountain-walking.

Lake Iseo: The least known of Italy's northern lakes, nestled in the foothills of the Alps, between Lake Garda and Lake Como. It offers visitors a little bit of everything, from climbing and sailing to culture and history with no shortage of great food, wine and tranquillity. It's perfect for those who prefer exploring off the beaten track. Lake Iseo has an unrestrained elegance, which you can see in its handsome waterside promenade and the wide squares lined by low arcades. The lake is close to the towns of Brescia and Bergamo (which both have budget airports), and it has fairly good transport connections with a useful little railway running from Brescia up the eastern shore of the lake and through the mountainous valley to the north. The eastern shore of the lake has the most pretty towns, whilst the western shore is steeper and rockier. The lake scenery and the large island of Monte Isola are the main attractions. Verona is less than an hour away and well worth a visit.

Lake Garda: The largest of the Italian Lakes. Located in northern Italy, about halfway between Brescia and Verona, and between Venice and Milan. The scenery is very diverse, from the fjord-like north, where the Brenta Dolomites drop sheer into the water, to the hills of vineyards and olive groves, and the sea like southern basin, fringed by beaches. Sheltered by the mountains, Lake Garda enjoys a balmy climate and luxuriant flora along its shores. The famous lake winds keeps everything bearable and windsurfers happy. Garda is the cleanest lake and the most popular for swimming, windsurfing and sailing. The old town of Sirmione, Lake Garda's most famous resort, has an enticing setting on a narrow peninsula that juts into the lake. Visit Scaligera Castle and the famous Grotte de Catullo, the ruins of a vast Roman villa. Desenzano del Garda is the largest town on the lake, and one of the most colourful and lively. The town of Salò is an appealing mix of bustling local town and elegant resort. Gargnano is one of the main sailing centres on the lake. Garda Trentino lies at the northern tip of the lake, set against the dramatic backdrop of Monte Brione.

Nearby to the Italian Lakes lie great historic cities; über-chic Milan to the southwest, Bergamo and Brescia in the south, Verona to the southeast, Trento to the northeast and Lugano to the north.

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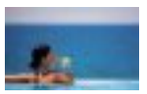

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RAMSEY ROTARY NEWS

Fashion show photo

Rotary Autumn Fashion Show

An autumn Fashion Show was staged by the Rotary Club of Ramsey and Circles of Yaxley at Ramsey Golf Club in aid of Rotary charities. Sue Allbright the owner of Circles provided most of the team of models – covering various age groups and sizes.

Approximately 60 people attended the show and with ticket sales and raffel on the night raising £417 for local Rotary charities.

Rotary Youth Leadership Award to Joshua

Joshua Hyde receives his RYLA award from Club President Chris Wick and Club Youth Officer June Green. (Ken/ Maurice - not the best of pics but go with if you think it will work)

Joshua Hyde from Ramsey was selected by Rotary Club of Ramsey to attend the 8 day residential Youth Leadership training programme at Grafham Water Centre, Cambridgeshire in July this year. Joshua visited Ramsey Rotary Club last month to give an account of his experiences and the benefits from attending the course.

The aim of this youth leadership development program is to encourage the development of teamwork and leadership skills in young people who have the potential to be future community professionals and business leaders.

The course content includes :-

- Water sports
- Practical Initiative Tests
- Development of Interpersonal Skills
- Camping
- Map Reading
- Problem Solving
- Computer based business game
- Lectures & Presentations

The course is designed on a basis of team competition with each day building on the knowledge and experience gained in the previous days.

Joshua is employed by the John Lewis Group, was given paid leave to attend the course, his company knowing the benefit of the RYLA programme. In his spare time Joshua is developing his own photographic business.

Commenting on the course Joshua said that the experiences had given him confidence in leadership and presentation skills and was helpful in his workplace and his business venture.

Ramsey Rotary Club are now looking for candidates for the 2017 Rotary Youth Leadership Awards.

For the successful candidate, this course is free, being wholly funded by the Rotary Club of Ramsey and is an opportunity not many are able to benefit from.

2016 RYLA candidates (Joshua - second row from back, second from the left)

Joshua (centre back) leading his group

If this appeals to you, in the first instant please contact June Green on 01487 813562 or email junegreen@ramseyrotary.co.uk or visit the Rotary Club of Ramsey web site.
The programme is designed for young adults aged 18 – 26.

The audience join in Land of Hope and Glory

Last Night of the Proms reviewed

A packed hall at Abbey College for The Last Night of the Proms where the Royal Air Force Wyton Voluntary Band played a varied programme which included traditional pieces - The Hornpipe, Jerusalem and Land of Hope & Glory.

This year the audience were treated to two conductors. Resident Conuctor and Bandmaster Graham Sheldon was accompanied by guest conductor Flying Officer Tom Rodda BMus (Hons), he joined the RAF after graduating from the Royal Academy of Music in 2003. Tom has had an outstanding career throughout his time in the RAF and is currently posted to HQ RAF Music Services.

Conductors Graham Sheldon (left) and Guest Tom Rodda take a bow

Santa's Float will be ready for Christmas

Work has commenced on sprucing up and cleaning Ramsey Rotary Club's Christmas Float. The float will be out and about at the end of the month to bring Christmas cheer to local people while collecting for the many good causes it supports. Full schedule will be published next in month's Reporter. The schedule commences on November 28th in Bury.

Volunteers to assist with manning the float are always welcome. Anyone over the age of 16 interested please drop your name, address and telephone number into School Plus or email Ramsey Rotary via the web site:- www.ramseyrotary.co.uk.

Rotarians Carol Broom & Chris Randall assist with planting outside the Co-Op in Ramsey

Rudolf gets a polish

Rotary Turning Ramsey Purple

The campaign to eradicate polio worldwide will be marked by the selling of purple crocus's badges throughout UK on 24th October. As part of this campaign Ramsey Rotary Club will be planting real crocus corms in all available spaces around Ramsey to bring to the attention of the general public Rotary's aim.

Schools and local organisations will be joining together in a mass planting exercise. Rotary have joined up with the Royal Horticultural Society's Bloom Groups to transform public spaces and brighten up local communities by planting five million purple crocus corms across Britain and Ireland.

Ramsey Rotary Club have sold 4,000 crocus corms locally to promote this campaign.

WINTER WARNINGS!

It's true to say there are hazards for our pets all times of the year – whether they be seasonal hazards like grass seeds in the summer or every day substances that are poisonous to our pets such as rat poison or lilies. But winter, it seems, does have more potential perils than any other season.

Sadly, every winter Vets all over the country need to treat pets with poisonings, injuries and gut blockages - many of which are preventable given a the right precautions. In the next two editions we'd like to tell you about our Top 5 Winter Warnings (November edition) and our Top 5 Christmas Cautions (December edition).

Here are our top 5 Winter Warnings:

1. Antifreeze (POISON)

Antifreeze is extremely toxic to our pets but they seem to be attracted to drink it, picking it up from contaminated puddles, the bottles themselves or cleaning it off their fur after walking through a spillage. The active, yet poisonous, ingredient is ethylene glycol. As it's an alcohol, early signs of poisoning resemble drunkenness – uncoordinated wobbly movement, nausea, vomiting etc. Ensure you thoroughly wash down spillages, keep lids on securely, store bottles out of reach of our pets and take them to the Vet immediately if you think they may have ingested any antifreeze.

2. Fireguards & candles (Injury, increased fire risk)

Please keep your pet safe around naked flames and watch those waggy tails!

3. Salt & grit (Irritant)

Although it's great for grip on the icy paths and roads, it can irritate the skin on our pet's feet and make them quite sore. Brush down or even rinse their feet after a walk.

4. Routine – exercise and treatments (Health & wellbeing)

Now we know it might be colder out there but our pets still need their exercise - make sure you continue walks and play time. Also remember to continue with parasite control (worm and flea treatment) because thanks to the wonders of central heating they don't go away over the winter!

5. Outside pets (Health & wellbeing)

Any pets who live outside will need some additional attention over the colder months – they need more bedding and extra food (they use more energy) to help keep themselves warm. Remember to check on them regularly too!

Watch out for our Top 5 Christmas Cautions in the December edition!

If you have any questions about any of the above information, please don't hesitate to speak to the Cromwell Vets team or call us on 01487 814789. As always and throughout the festive season, our Veterinary team is available 24/7 at our Huntingdon Hospital. 24hr Emergency Service: 01480 52222

We invite you to celebrate Christmas with us at our Carol Service on Thursday 15th December 7.30pm at St Mary's Church, High Street, Huntingdon. Come along and enjoy mince pies, mulled wine, carols and a special performance by the Cromwell Team. We hope to see you soon.

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(36 St Johns Street, PE29 3DG)

Branch surgeries also in
St Neots (01480 216612),
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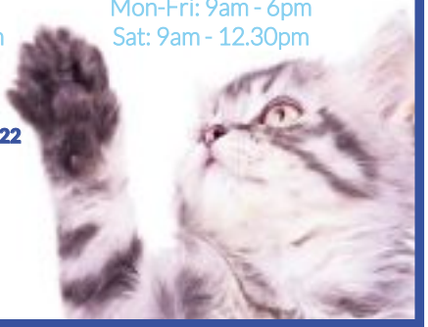

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A Canvass of Imagination

Looking back at 26 years of the Ramsey Arts Festival

The Ramsey Arts Festival has been a fixture of the town since I was born, almost quite literally. This came as something of a surprise for me, as I only truly encountered the movement twelve months ago, when a leaflet was thrust into my hand. Asking around later about this group, I found myself thoroughly in the minority, as the Arts Festival has shaped some of the most unique, bizarre and downright amazing events our town has enjoyed over the last two decades. This month, to celebrate their success, we take a look back at some of the most memorable occasions, and explain how Ramsey Arts Festival came to be the tour de force it is today.

A Brief History

The Ramsey Arts Festival was formed in 1990 by acclaimed pianists Raphael Terroni and Norman Beedie, both of whom had illustrious careers in the creative arts. Raphael Terroni trained as a pianist at the London College of Music and Media, going on to help found the British Music Society and serve two terms as chairman, while former Ramsey Choral Society Director Norman Beedie performed in the major concert halls of the UK, Europe and in the Far East as a pianist and an accompanist as well as a conductor.

Why would two incredibly successful musicians spend their time in Ramsey? According to this snippet from the constitution of the festival, their aim was "highlighting the importance of music and the arts in the cultural life of the area. The objectives of the group are the promotion of concerts, performances and other activities of a cultural nature, so as to provide opportunities for school groups, students and amateurs to work together under the guidance of locally based professional performers and artists and invited guests, for the enjoyment of people of the area." In this, they were uniquely successful.

Celebrating Twenty-Six Years

Before coming to that, a quick reminder is in order of why twenty-six years is so important. It is a sad fact that most local arts festivals fail before their first decade. A decline in the sector as a whole has resulted in the decline of some far more entrenched festivals, and certainly there has been a significant impact

The current committee celebrate another year of success at the AGM. Committee Secretary Karen Prestage stepped down after a decade in the role

from social media and online video sites allowing arts-fans the chance to access entertainment free of charge. And yet RAF has soldiered on, putting on an array of events this year.

How did Ramsey Arts Fest buck this trend? At last month's AGM, held over celebratory wine and nibbles at Ramsey Library, a clear pattern emerged as residents flocked to highly successful events held at some of the town's most notable venues. Add to that partnerships with programs such as the Promoting Ramsey Project and Upwood Village Hall Performing Arts Events, and one can understand why they have had such a successful term. An organisation that is not afraid to work with others, RAF is sure to continue their success.

A Selection of Highlights

So, let's take a look back. Firstly, one cannot take this year into consideration without remembering the extraordinary combination of the 1940's Camp, Fish & Chips and Rock n' Roll. Over one hundred people turned out to support the Gaiety event this year, as Promoting Ramsey and the festival recreated one of the most extraordinary venues in Ramsey's history – its Gaiety Ballroom. Joined by the nationally renowned Who's Who tribute act and backed up by local favourite 5 O'Clock Curfew (which includes current Arts Festival Chairman Jon Novice), the evening was a blast from the past in more ways than one.

When one delves further back it becomes clear the festival has a history with the unusual. As one might expect, classical musicians play a starring role in the festival's history, but it is the more alternative groups that stand out. Particular highlights include the Black Umfolosi, a self taught singing and traditional dance group specialising in Imbube music, gumboot dance and Zulu dance. The group, which was formed in 1982 by the then-school-age members, has toured extensively nationally and have represented Zimbabwe at international events such the 1994 Commonwealth Games.

Performances have also included a startling pantomime performance around a decade ago, remembered fondly by long-time committee member Bernard Whyte. "They set up an entire castle on the green outside", he recalls, "They had all the cast members dressed up, there was a maiden stuck in a tower and battles, and then at the end they had the castle burn down! The children loved it!".

On a more traditional note, the festival has played host to some of the UK's true artistic talents, including Wendy Cope OBE, one of Britain's most beloved poets. Despite her irregular output, her strong following led to her being voted the listeners' choice in a 1998 BBC Radio 4 poll to succeed Ted Hughes as Poet Laureate, although she believed the post should be discontinued.

Lastly, the Festival has always aimed to support local talent, including former the Inkus members after they formed a new band, called The Moonjets. Named in honour of Tom Jones, the Inkus bassist who sadly died aged 17 following a hit-and-run, this quirky band has held its award winning status. Also amongst the many acts supported by the festival are local favourites

Upwood Ukuleles and several groups of Morris dancers.

What's In Store

So, what can you expect in the future? Well there are already plans underway to run their famous Quiz Night, which has been packed since its inception. There is also hope of further collaboration between local groups, for example the aforementioned Upwood Village Hall Performing Arts Events, and of branching out into new areas, such as comedy nights and art installations, but nothing is confirmed as yet.

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WHAT OUR CUSTOMERS SAY

S J Himplemann – September, 2016
Lewis was an excellent, professional, estate agent, one I cannot fault. He was polite, reliable, loyal and informative. Smart Move Yaxley sold my house when others in the village failed to do so! This was done quickly and effectively. I rate Lewis and his team to the highest standard, I would definitely recommend Lewis and the team to all my friends, family and everyone else.
Well done guys, you are definitely the best in the area!!!

Val Fendley – August, 2016
Our sale went really smoothly and will complete at the end of the month. Thanks Smart Move, a job well done!

Peter & Sue Marchant – August, 2016
We would definitely recommend Smart Move to anyone considering selling.

Louise Rowe – August, 2016
Amazing service, would highly recommend.

Norwood Road, March - £250,000
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Bury Village Neighbourhood Plan Forum

Jeremy Mumford - *Chair, Bury Village Neighbourhood Plan*

Firstly a very big thank you to all those Bury residents who completed the Neighbourhood Plan questionnaire and by doing so helped us enormously in telling us what was of concern to you and also what you liked about living in this parish. We delivered 722 questionnaires and your responses showed a high level of community interest and engagement in the neighbourhood plan. Responses from this survey will help us in our endeavours to produce a plan that will address the issues that concern Bury residents.

Major themes included:

• The desire to maintain our independence from Ramsey and our rural look and feel.

• Development of the Airfield and a real concern that the infrastructure was completed first, that elements such as Schools, Doctors, Dentist and Pharmacy capacity and location, Open spaces and traffic were factored in as part of the plan and not as an afterthought.

• Many were concerned about the state of the airbase now and the draw it seemed to be to so many undesirable elements and vandalism, not just on the site but also to those living nearby.

• Traffic volume and speed was a large concern particularly Upwood Road, Bury Road and Bury Hill but to a lesser extent also Tunkers Lane/Valiant Square and Owls End.

Bury residents said:

'Speeding motorists, school & Rat runs - also through traffic'

'We are getting older. Build retirement housing first, more housing stock would be released'

'Would like car reg details and number of recorded incidents published'

'The infrastructure must come first; Roads, Drains, Power etc'

'Traffic calming at Upwood Road/B1040 junction i.e. a roundabout (would calm traffic in 'Bury Road/High Street/Upwood Road'

'With more housing, more doctors & schools required & better road structure to meet the extra growth'

'Mix of houses provided the infrastructure is in place first, we need to aim to keep the village a village & not a town !!'

'Parking on pavements causes obstruction to wheelchair users. It should be stopped'

Village event

We plan to hold an event soon to publicise the work done to date, the reason for the plan, the results of the survey and to elicit more views. This might take the form of a family afternoon or evening with some drinks and nibbles and possibly a quiz. The survey prize winners will be announced too. You will see notices on this as soon as venue and date have been finalised. Members of the public are welcome to attend our meetings, these are held fortnightly at the meeting room at Bury village hall. Dates and times can be found on our website www.buryvillagenp.co.uk

Bury Parish Council report

By Peter Hazell, *Chairman*

October's meeting was attended by 8 Parish Councillors, and 4 members of the public. Our County Councillor is also a Parish Councillor.

The Christmas lights switch-on will be on Friday 25th November starting at 5.00pm opposite Bury Stores.

Things seem to have quietened down at RAF Upwood with no reports of pigs on the loose.

Discussions concerning the playing fields are a regular agenda item. Residents whose houses are closest to the playing fields i.e. Brookfield Way, parts of Owls End and parts of The High Street, were consulted on the proposal to install a MUGA(Multi Use Games Area) and adult outdoor gym equipment on the large field. A number of objections were received concerning the MUGA so reluctantly that will not go ahead.

It was, however, agreed that the outdoor gym equipment will be installed on the large field near the BMX track in the future.

Speedwatch requires more volunteers so if you are interested in helping to slow the traffic on the Upwood Road and The High Street then please contact Speedwatch, email csw.bury@gmail.com. The more volunteers we have the greater the chance of slowing the traffic which is becoming extremely dangerous.

Parking in some of the smaller roads, e.g. Grove Way and Old Stable Walk is becoming a problem especially around 3.00/3.30 when school comes out. Cars are parking on the pavements (I believe it is illegal to drive on the pavement), making it difficult, if not impossible, for pedestrians, especially those with pushchairs to pass. These roads are narrow and it could be difficult for emergency vehicles to get by.

Handover of the Ramsey Ladies Probus

On the 13th October at their monthly AGM the Handover of President took place. Retiring President, **Pamela Blanchard** (right) thanked members for their support during the past year.

Incoming President **Diana Hyde** (left) said she hoped she could uphold the high standard set by previous Presidents.

Ladies Probus was established in 2006, its first President was Mrs **Gillian Rule** and constituted to offer regular meetings as well as to give companionship, mutual support and recreation.

UPWOOD SCHOOL PTA CHRISTMAS FAYRE

Saturday 3rd December 12-2pm

✻ Santa's Grotto ✻ Grand Raffle ✻ Tombola ✻ Tin Can Alley

✻ Pin the nose on Olaf ✻ Golf Game

✻ Guess the name of the Robin

Outside stalls including: From the Heart, Alexa's Boutique and more.

Refreshments

Hot and cold drinks, cakes, mince pies. Hot food

Come and see your councillor

Warboys Parish Council held their first open surgery last month, offering their time alongside County Councillor Michael Tew.

As part of a pilot scheme, Warboys Parish Councillors will now be available to the public during surgeries hosted by Cllr Tew fortnightly in Warboys Library on Saturday mornings, in the hope of providing a valuable interface between parishioners and the parish council. The scheme is set to run regularly for the next three months, and will then be further reviewed at full council.

The first of these new surgeries was held on October 12th, and was deemed a great success by both residents and councillors. Several residents attended over the course of the morning, with subjects ranging from the library itself to ongoing planning issues surrounding new developments in the town. Joining Cllr Tew was Parish Councillor Hayley Backhouse, the newest member of the council team. She later spoke of what she hoped would be the continued triumph of the project, saying: "It was a success, we are engaging with the parishioners and we look forward doing this again in two weeks' time!"

Cllr Tew, who has been running a regular surgery in Warboys for some time, also commented: "People are engaging with us on different issues, and by engaging with the parishioners it showcases what the parish councillors are doing in Warboys and gives an opportunity for parishioners to interact with their elected representatives outside the council meetings".

The next surgery is due to take place on November 12th from 10.00 a.m. to 12.00 noon, with further dates including November 26th, December 10th, January 7th and January 21st.

Yo Ho Ho & a Bottle of Rum!

Ramsey hosts a family show with live music based on Treasure Island

The adventure of Jim Hawkins and a gang of dangerous pirates will be brought to life in this playful interpretation of the famous story. The audience will surround the action as they are transported to the Treasure Island by a small company of actors portraying many characters and playing live music.

Young Jim's life changes forever when he discovers a treasure map and sets out to hunt for gold! He outwits bloodthirsty pirates and learns that the treasure is not the shiny loot he was expecting, but something much more precious.

Oh, and there'll be girl pirates amid these shores too!

The show is created by Lamphouse Theatre, a vibrant fringe theatre company from Peterborough. Directed by Tom Fox (National Theatre, Traverse Theatre, Edinburgh and Eastern Angles) and created with the company.

★★★★ 'Stunning' - Fringe Biscuit (on Lamphouse Theatre's previous work)

VENUE

Drill Hall, Wood Lane, Ramsey

£5 or £16 for a family ticket available from SchoolPlus or Milkshake Junction, Great Whyte Ramsey or on the door

Bar, soft drinks & snacks

RAMSEY & WARBOYS REPORTER ON LINE
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CHRISTMAS CRAFT FAIR

Come join the fun! Lots of Christmas crafts, hampers, cakes, books, candles, wooden crafts, chocolates and sweets as well as a raffle and the opportunity to win some fantastic prizes, kindly donated by local business'.

Also come and see Chocoholics, Party Lite, Usbourne Books and many more!

Where: RAMSEY COMMUNITY HALL, OPPOSITE THE CO-OP!

When: SATURDAY 19TH NOVEMBER

Time: 10:30am-1:00pm

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Ramsey comes alive with the sound of music

Director of "Ramsey's West End", Martin Muir, was delighted with the collaborative efforts of the Singers of St Thomas a Becket, guest soloists , Francesca Terroni School of Dance, Ramsey Junior School Choir and Bury Church of England Primary School Choir.

The dancers opened the show with an expressive and sensitively choreographed Entracte from the Sound of Music and added colourful contributions in the "Oliver" section. Francesca Terroni demonstrated her skills in interpreting into movement some quite short musical segments.

Local young ladies Hannah Cross, Laura Hobbs and Amy-Marie Field joined forces with established guest soloists Jenny Sadler-Thompson and Liz Williams to provide inspiring renditions of well-known tunes such as Climb Every Mountain, Oom Pah Pah, and The Lonely Goatherd to name but a few. The recently formed Bury CofE choir gained valuable experience in joining soloists for their items and had been prepared thoroughly by Mr Andrew Westcott. Ramsey Junior School sang enthusiastically as they provided the classic "Do Re Mi " and "So Long, farewell" led by their teacher Mr Ben Parnell. It was fantastic to hear some very fine young voices developing with such confidence.

The concert also featured a debut for Oliver Muir singing "Where Is Love" receiving a very warm ovation. Erin Scarfe featured as soloist, dancer, and a member of two ensembles - a very busy young girl - singing some of the Oliver solos and duet-ing with Amy-Marie Field. Adam Southwell added some character-filled renditions in I Shall Scream and My Name. As always a big expression of gratitude to Neville Palmer and Jackie Southwell who provided the accompaniment. We were also grateful for the ladies who made cakes which were sold at interval. The concert raised £916.20 towards the Reordering fund which is now focus sing on providing a ramp for improved access to the church for those in wheelchairs and less capable of handling the steps.

INTERVIEW WITH LAURA HOBBS

During intermission, we caught up with former Bury School pupil and trained singer Laura Hobbs, who was thrilled to be back singing in Ramsey. Here's what she had to say:

RWR: So you have trained classically, is that correct?

Laura: "Yes. I went and did a music degree at Canterbury"

RWR: And now you're back singing with Bury School, your former primary school, how does that feel?

Laura: "It was so wonderful seeing them all sing as well. It's quite nostalgic being back, actually! Seeing some of them who were in reception when I left now high up in secondary school, its quite amazing, and to sing with them is just so lovely"

RWR: And what was it like singing in this place?

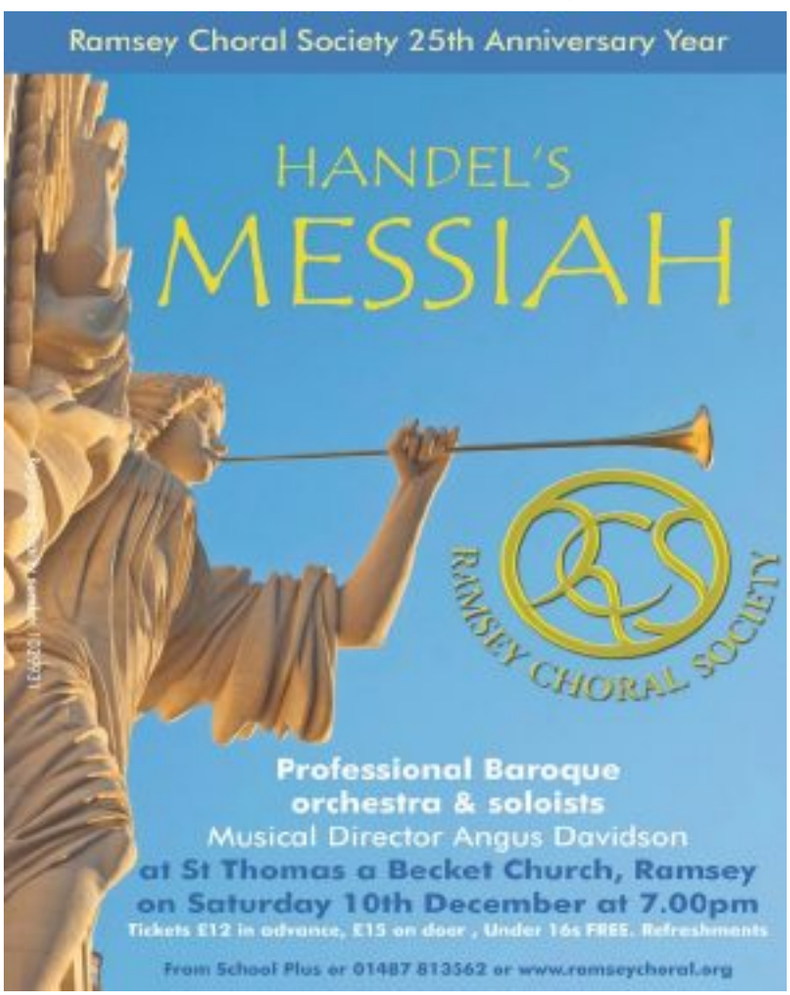
Laura: "It's all for such a good cause, and it's just wonderful getting everyone together. It's all been a lot of fun, I hope everyone is just enjoying the evening"

RWR: What are you up to now then?

Laura: Still training at the minute, but I think to start with I'm going to do some primary school training and be a music specialist at a primary school.

RWR: Any chance you'll be working locally?

Laura: Maybe! Who knows, but still singing, that's the important thing!



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12TH NOVEMBER

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COUNCILLOR rules out leadership bid

Cllr Duffy during her appearance on BBC Question Time

A Ramsey Town Councillor and long-time UKIP campaigner will not be running again to lead the United Kingdom Independence Party, despite several East of England MEP's calling for her to be made interim leader.

Appearing on BBC's Question Time programme, Cllr Lisa Duffy confirmed that she would not be standing for the leadership role, saying: "I've made some serious considerations, but I think other people are going to come on board like Paul Nuttall and Suazanne Evans, so I think I'll leave it to them to run this time. She also informed the panel in Hartlepool that she would "focus on my community and celebrating 50 years of Christmas lights and getting those lights up this year." Cllr Duffy came second to resigned leader Diane James, who lasted just 18 days in the role.

Several MEP's tweeted their support for Cllr Duffy following James' announcement, with BBC News reporting online on October 5th that a group from the East of England "suggested that unless UKIP's national executive committee changes party rules, Lisa Duffy - who was backed by many anti-Farage supporters - "made sense" as an interim leader."

In a statement released via her Facebook page, the former mayor announced her support for Suzanne Evans, who herself had campaigned for Cllr Duffy after being ruled out of the previous election. In her statement, Cllr Duffy praised Ms Evans' work for UKIP thus far, saying: I am delighted to announce that I shall be backing Suzanne Evans to be next UKIP leader and I urge everyone who voted for me last time to do the same.

"Suzanne was not able to take part in the last contest, but backed me to be leader because she shares many of my ideas about how to broaden the appeal of our party. If we are to win seats under first-past-the-post we simply have to get away from the idea that UKIP is a party only worth voting for if you have staunchly right-wing views about most issues."

Friends Group provides bestsellers

All the top-grossing books will now be available at Warboys Library thanks to a generous donation from their Friends Group. Friends of Warboys Library (FOWL) will now be regularly donating the top ten paperbacks, which are available from a specified stand within Warboys Library. While these can be borrowed like any other book, residents are advised they will not be able to book in advance.

New books in this category are set to be purchased every two or three weeks, as group purchases will lower costs. The books will then be available to reserve as regular library stock after a six month period.

The Friends of Warboys Library was formed in 2004. Apart from supporting the Library, FOWL prepared a Directory of Warboys which was published in 2006 as a set of stapled together pages. Shortly after this it was published in a booklet form in late 2006 and later updated in 2009. The group has been invaluable not only with regards to fundraising but also when assisting with Library business, for example during the recent Big, Friendly Read initiative.

The group also runs regular coffee mornings, quiz nights and fundraising events, and is always looking for new members and supporters.

BY GEORGE!

Ramsey Forty-Foot is once again served by the George Inn, as long-time staff member Leanne takes charge.

The opening event on Saturday October 15th attracted large numbers of villagers, with plenty travelling to included the disco, where residents and staff alike showcased their dancing skills, while the new look interior was much commented upon.

Leanne, an Upwood resident who worked at the establishment for eighteen months before taking over as landlord, stated on the night her goal was to give the pub back to its most important clientele – the villagers. "I want to give it back to the village", she said, "I want everybody in here and I will do whatever they want to make that happen".

Conservatives canvass after announcing Ramsey candidate

A large group of Conservative councillors and activists hit the streets of Ramsey last month after it was announced Councillor Michael Tew will contest the newly formed Ramsey & Bury ward in next year's County Council elections.

The group, which met for lunch in The Jolly Sailor before heading out, were distributing questionnaires in order to ascertain what, if any, concerns residents currently had regarding their local area. Amongst a number of notable councillors was former Deputy Mayor Angie Curtis, who successfully campaigned for seats on Ramsey Town Council and Huntingdon District Council, serving on the latter as member for Bury and Warboys.

Speaking during the canvass, Cllr Tew struck a confident and upbeat tone about the election season and the possibility of standing against Cllr Peter Reeve, with whom Michael has had a long association, saying: "I've got a lot of respect for Peter, he works hard in his community but I think I will deal with local issues a lot better. He's dealing with some local issues but I look at more things strategically, such as transport and schools, because I'm all about community".

He also commented on his new position within the Conservative party, stating that they have more influence over the issues, and that he was not concerned over having his vote whipped (the party expecting their councillors to vote a certain way on certain issues). According to Cllr Tew: "the whip only concerns a few big issues such as devolutions, on which everyone else is whipped, even UKIP".

When asked what he would bring to Ramsey, Cllr Tew remarked he would continue his current work bringing groups and local government together, stating "I'm all about local issues, working in collaboration and partnership. We need more co-ordination, we've got to work with more businesses, health professionals, voluntary organisations, community associations and we've all got to see and explore how we can work together to make Ramsey a better place"

The elections will be held in May 2017.

Ramsey Crafters and GAP Learning Present a

FABULOUS CHRISTMAS CRAFT FAIR

Saturday 10th December
Ramsey Library 10.00am—1.00pm

A lovely selection of local handmade gifts and decorations available for you to buy.
Please join us in Ramsey Library for mince pies, tea and cake, a Christmas tombola and some fabulous festive shopping

DON'T MISS IT!

Email ramseycrafters@gmail.com for more details or ring 01487 710851

We meet as a craft group every other week at the Scout Hall in Ramsey. If you're interested in craft then please get in touch.

Flattery or Fear?

by Bethany Aston

There are many things I've grown to dislike so far in life from the morning commute to that weird jelly stuff in pork pies. However, there is one thing that grates on me more than anything else: wolf whistling or cat calling.

It's a debate that continues to wear on. Compliment or casual harassment? My first encounter with a wolf whistle came when I was 15 and on my way home from school. It came from the open window of van parked on the side of the road as I walked by. Now, I am the first person to admit that growing up I was not the prettiest of things. The male gaze was something that had always eluded me. This new admiration from a man I had never met felt completely alien. Was this my rite of passage into womanhood? I was still in my school uniform though? Or was that part of the appeal? What did it mean? All questions I asked myself as I carried on with my journey home.

If I were to believe my mum, this was something to breezily shake off and to take as a compliment that I would one day be grateful for. This is an opinion I have encountered many times from men and women alike, that in my old age I would grow envious of the young women receiving compliments they didn't ask for from men they didn't know, as I had once received. My strong disdain for wolf whistling and cat calling was often met with confusion. Why would you get offended by someone finding you attractive? To which I have no issue. It is the way it is voiced that unnerves me.

In May 2015 I was sexually harassed on a train. It is a story I have never told in full. I was travelling alone on a train from Leicester to Peterborough having spent the weekend in Leicester with my boyfriend of the time. A man in a matching tracksuit and large black duffel coat sat in the seat beside me. For a while we sat in silence as is custom public transport behaviour. He then began to make conversation, asking me how long it was until the train stopped at Melton Mowbray. He asked me how I was, where I was going, how old I was (apparently I looked older than I was).

He told me he was travelling to Birmingham to star in his first pornographic film, to which I awkwardly smiled, wished him good luck and turned towards the window indicating the end of the conversation. Except the conversation didn't and there, an internal monologue poured out of him as if my discomfort was invisible. Intimate details of his sexual preferences spilled out of him. Including his love of blondes like me.

He slipped his hand down his tracksuit bottoms, masked by his duffle coat he began to pleasure himself. All the while starring down my top. After ten minutes he disappeared to the toilet. The train stopped at Melton Mowbray. He had the audacity to smile and wave at me as he got off the train.

So what did I do? Nothing. I did nothing. I said nothing. I had never been made to feel more uncomfortable and humiliated than I did on that train. When I needed my voice the most it had failed me. I had failed myself. I made a promise to myself then that I would never allow anyone to make me feel that way again. From then on I would learn to stand up for myself despite how hard it might be . I started boxing in case it ever got physical. If I am offended by a whistle or a causal 'hey sexy' it is not because I am intimidated. It is because I am afraid. I am afraid of the insult that might follow if I do not return the 'compliment' with a sweet fake smile that young girls are unknowingly taught to produce. I am afraid of the 19 year old girl I was, sat frozen on that train.

My point is at what point do we stop calling it a compliment? This man never physically touched me, he was simply admiring my physical attributes. I am I meant to feel grateful and complimented by his actions? Should I be thankful that he decided not to physically touch me? The line is blurry and easily crossed. So why take the risk? Believe me I can live happily without being whistled at from across a carpark on my way to work.

Letters to Africa

Hi everyone, as you know the sessions at CRUNCH youth project are varied, some weeks it's sports, sometimes cooking, other weeks arts or games. Well one of the sessions this month was different - we wrote letters to Africa.

A local man called Joe Boyne is heading out to Africa this November to help build a school as part of the Mellon Educate charity programme. We watched some video's of what life was like for young people living in the shanty towns of South Africa. Education is really important to them as they know it can change their life.

We wrote letters about living in and around Ramsey, our life here, our hobbies and interests. Joe will take the letters out with him and we should get replies back in December.

Going to CRUNCH club gives us lots of opportunities we wouldn't normally get. It's great fun and I'm glad I joined. During November we're moving to the Cricket Club for the Winter. If you want to join we'll be there from Thursday 3rd November 7pm to 9pm each week.

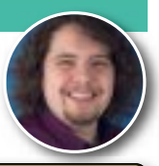
To find out more about Mellon Educate look at their website
www.melloneducate.com
To find out more about CRUNCH check out our Facebook
www.facebook.com/crunchramsey

Article 50 is the refuge of the dyed in the wool remainers to which they cling like drowning sailors hanging onto floating wreckage. Article 50 is part of the Lisbon Treaty, which was cooked up by the European Commission when their "European Constitution" was thrown out by the peoples of France and Holland who were given the opportunity to express their views in referenda. The head of government, more compliant than the governed, meekly signed on the dotted line. At a time when the Europeans want to get over the messy business of a member state departing and when it is clear Britain's best interests would be served by a prompt end to the current uncertainties it is ridiculous that an outdated treaty signed by a long defunct government should be allowed to get in the way

For everyone's Sake lets dump article 50 and get on with the job

John Myles, Peterborough

Readers Write



Do you have anything you would like to say or have any gripes or complaints? Write or email Adam, the Editor at the Reporter.

Dear Editor,

Thank you for giving me the opportunity to have " a say" regarding the future of our town clock.

This time piece/monument is an important landmark to the town of Ramsey. Everyone I have asked including myself, thinks that it should be fully restored to its original splendour.

Is there a local grant or funding that could be applied for to pay for the restoration by a professional clock repairer? Maybe along the lines of the Ramsey millions? Just an idea.

Regards J Shorter

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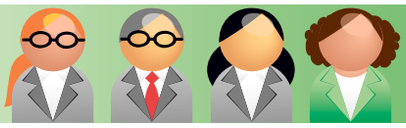

BUSINESS+FINANCE

5 ways to motivate your staff

Every employer wants motivated employees who strive to meet the goals of the organisation but how to create a culture that fosters that aim? In a small organisation with very tight budgets, big pay rises, bonuses or expansive commission schemes may not be much of an option. However for most people money is not necessarily a big motivating factor anyway, so here are our top five ways to help motivate your workforce on a small budget.

Get the basics right

It may be obvious, but clear communication, policies, processes and procedures that are followed and applied fairly give the best foundation. If your employees don't feel secure and that they know what is expected of them it will impact on their attitude and behaviours. Getting the basics wrong can mean that workers do not deliver what you need and will be unlikely to want to go the extra mile when necessary. Similarly, although financial reward is not a big motivator, real or perceived unfairness in financial reward is certainly a demotivating factor.

Recognition

Recognition is not just about acknowledging exceptional results it is also about acknowledging consistent satisfactory or good performance. Strong performance management processes often motivate and drive performance better than cash rewards or other expensive perks and can be used will all employees whether they are under-performing, over-performing or they are coasting at a satisfactory level; people like to have management take an interest in what they are doing. That said, there can be a place for performance related rewards but careful consideration must be given to ensure they will actually give the desired result and that they will not cause resentment and division in individuals or teams.

Engagement

An engaged workforce is highly motivated and more likely to deliver improved business performance. Common features of engaged employees include feeling they have opportunities to share their views with management, that they are well-informed about what is happening in the organisation and that their manager is committed. It can be difficult to know how employees really feel but there are several methods you can use, depending on the size and type of your organisation: gather ideas and feedback informally over a coffee or lunch or try a more formal option such as regular employee forums, satisfaction surveys or a very low-tech suggestion box. Whatever options you choose make sure feedback is acknowledged and any issues raised are addressed promptly - even if it's just to say there's nothing you can do and why.

Job satisfaction

An employee who feels that their job is of value and is a good fit for their skill set is more likely to be motivated. If you want to know how satisfied someone is with their job the quickest way is just to ask them. This can either be in person at a one-to-one or you may choose a more anonymous method such as a feedback form. Where you have an employee who is dissatisfied with their job and you wish to retain their skills it may be worth investing in additional training or qualifications or simply putting together a development plan.

Team work

A shared purpose and feeling like part of a team can knit people together in a way like nothing else and has been shown to increase both employee job satisfaction and motivation. When creating teams or a feeling of team work, it may be tempting to group similar people together but in reality, research has suggested that successful teams are more likely to be diverse. This is useful for small organisations who may feel there are not enough employees to create teams but all you need are two people to share a purpose to create a sense of team work.

Considering the big picture and looking into the more intrinsic motivators for employees will help you achieve a committed high performing workforce even if your budget for remuneration is tiny. And the resulting high performance will with any luck improve financial results in the organisation and give you more flexibility in pay decisions down the line.

If you are an employer and need help or support with any HR concern please get in touch

dawn.cross@face2faceHR

Don't just reverse the risk - remove it

Most guarantees you see in the marketplace have little power. They have what one person called "weasel wording." They don't work. They do nothing.

How you articulate guarantees can have an enormous effect on their power. Consider this as an example — a standard guarantee might be to offer customers their money back if they return the product within 30 days. A stronger guarantee would be to let them try your product for free, billing them only after 30 days has expired.

Will customers take advantage of you when you offer a strong guarantee? A few will, but the money you lose on those customers is a tiny fraction of the increased sales you'll experience by offering the guarantee in the first place.

You can go even further than simply "removing the risk" by having what's called a "better-than-risk-free" guarantee.

Let's look at the specific things a guarantee should have:

First, it must be specific. That is, the customer must understand exactly what will happen if you don't deliver on the promise you've made.

Second, it must be blatant — I would even say outrageously blatant. For example, a hotel put it this way: "If, when you get into your room, it isn't the cleanest hotel room you've ever checked into, the first night's accommodation is on us."

Third, link your guarantee into key frustrations.

Here are some additional thoughts you might want to consider in building your guarantee:

Unconditional: Guarantee everything under your control. By everything, we don't mean the product necessarily. We mean the process. For example, you can guarantee timely delivery or some other part of the process, which may be important to the customer.

Unique: Promise customers something they don't expect. For example, every contractor guarantees their work. But, how many do you know who will guarantee arrival time? How many do you know who will guarantee prompt clean up? For example, a carpet cleaner should not guarantee clean carpet — the customer expects that. Maybe they could guarantee that the furniture will be rearranged to the customers' total satisfaction. You see, that goes beyond what customers expect.

Financially meaningful: Although full refunds may not be practical, you must still build a meaningful guarantee with commitment.

Simple: Ideally, the guarantee should be simple to understand. For instance, "speedy service" means nothing. A guarantee like, "Your meal will be on your table in ten minutes or it's on us," is so much better.

Easy and Quick: It should be easy for the customer to collect. They should not have to beg or otherwise prove to you that you were wrong. Pay out should be immediate

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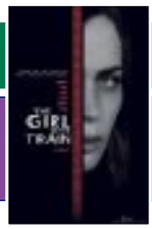

FILM REVIEW

GIRL ON A TRAIN

Reviewed by Adam Roberts

I'll just come out and say it: I loved this movie. Okay, review done, moving on…

Except I can't, because a simple google search reveals that I am in the minority, certainly where more professional critics are concerned. Don't get me wrong, they agree with me that Emily Blunt's staggeringly strong performance as the alcoholic titular 'girl on the train' carries the story through wonderfully, but after that they question everything I have been raving about for days. "Dull storyline, one dimensional characters, poorly used flashbacks"… I began to wonder if I had seen a different movie.

In the film I saw, you are treated to the slowly unwinding backstory of the central three characters, all women somehow linked to one-another, before a series of tight twists follow a shocking event and the story unravels at speed. Perhaps, I thought, I was too caught up in the journey to notice. With hindsight, maybe the acting was a little wooden, maybe a few characters seemed a little tacked-on. Perhaps this wasn't as good as I thought.. But I still couldn't convince myself it was an average movie. How come I was so thrilled stepping out of the cinema and all these professionals were mildly disappointed.

And then I realised why… I haven't yet read the book. In fact, the friend I was with had deliberately avoided buying the book a few days before – mostly so she didn't spoil the twists and turns of a story I found genuinely entertaining. And this wasn't just any novel – it was one of the books of the year, a debut that stunned audiences and made its way around the world. Coming into a movie with a love for the story as it is written, and I imagine you couldn't help but be disappointed.

Compare this to how you feel when you read those same plot points, probably gorgeously fleshed out as is possible with literature, and you could never match that to seeing those same shocking moments on the silver screen. You would be bored senseless knowing what was to come. For me, going in having only seen a trailer or two, the story swept me away! Having seen it now going back to read the novel would be spoiled immensely; although I am sure I would enjoy the writing and the storytelling, knowing what happens just takes off that edge.

So here's my advice – if you haven't read Hawking's novel then this is a must see movie. If you have, maybe hold off until the DVD release.

BOOK REVIEW

THE CREEPER MAN

By Dawn Kurtagich

Dawn Kurtagich is one of my favourite authors at the moment and her debut novel 'The Dead House' still gives me the chills! So, when it came to reading her second book 'The Creeper Man', I had high expectations… I was not disappointed! It was not what I was expecting, however, as always Dawn managed to creep me out!

The Creeper Man is the haunting story of Silla Daniels as she takes her little sister Nori to a new life at La Baume. La Baume is the manor in which their Aunt Cathy lives, but when they arrive it isn't the fresh new start they were hoping for. The house holds too many secrets and as the woods begin to move closer, trapping them in the house that has driven their Aunt mad, Silla and Nori are left to confront 'The Creeper Man'. A fairy tale gone wrong, the bogyman in the woods, 'The Creeper Man' is the thing of nightmares. He only comes when he's called and in 1980 Cath and her two sisters summoned him to La Baume... but he never left.

There were moments of pure horrifying genius in this book that will make me fear walking into the woods the rest of my life! The story itself is woven with an unusual writing style that is almost like being inside Silla's deteriorating head. The text repeats itself, it gets bigger and smaller when appropriate and paints a disturbing picture of what it is like to be haunted by 'The Creeper Man'.

Silla herself is a fascinating character. She is the quintessential YA protagonist in many ways, 17, strong, stubborn and has the weight of the world on her shoulders. However, at the same time her life is falling apart, much like her mental state and she is terrified all the time. My heart broke for Silla so many times and the disturbing things she had to go through. The end of the book gave me shivers.

This is one of those books that twists and turns until it morphs into something you weren't expecting. 'The Creeper Man' left me with a tear in my eye, a slightly broken heart and sleeping with the lights on for the foreseeable future.

Reviewed by Emily Bradley-Dorman

RAMSEY WALLED GARDEN

RECIPE OF THE MONTH

Pumpkin (or squash) and Red Lentil Dahl

For this recipe you can use pumpkin (you may have some left over after Halloween) or any squash such as butternut squash. It is very flexible and you can add more spices if you like your food spicy. Serve it with rice and raita, which is plain yoghurt mixed with cucumber and mint (if you have it in the garden). Alternatively, you can eat it as a soup when you could add a bit more liquid. If you do not have the spices you can use 3 tablespoons of curry paste from a jar.

WHAT YOU WILL NEED

3 tablespoons rape seed or sunflower oil
1 large onion finely chopped
500 gm (1 lb 2oz) of pumpkin or squash, peeled and de-seeded and cut into 2.5cm (1") chunks
150gm (6oz) tomatoes or ½ a tin of tomatoes
3 cloves of garlic crushed
3cm (1 ½" piece of ginger) or you can use ground ginger
2 tsp ground cumin
½ tsp ground turmeric
225 gm (8oz) red lentils
1 litre (1 ¾ pints) vegetable or chicken stock (or just use water)
3 tablespoons fresh coriander (optional)

METHOD

- Heat half the oil in a heavy pan and fry the onion until golden.
- Meanwhile, heat the other half of the oil in a frying pan and saute the cubes of pumpkin or squash until they are golden all over.
- Add the tomatoes to the onion and cook for about 5 minutes. Add the garlic and spices and cook for a further 2 minutes.
- Add the lentils and pumpkin to the onions and add the stock (or water). Season – it needs plenty of salt.
- Bring to the boil and then simmer gently for about 20 minutes when the lentils should have 'collapsed' and the pumpkin or squash is tender.

HAVE YOU TRIED MAKING ONE OF OUR RECIPES?

If you have, we'd like to know your thoughts!

Please contact us
mail@ramseyandwarboysreporter.co.uk

BBC WEATHERMAN VISITS RAMSEY U3A

By Enid Hubbard - Chair of Ramsey and District U3A

Did you know that according to recent research, 94% of British people admit to having conversed about the weather in the past six hours, while 38% say they have in the past 60 minutes? "This means at almost any moment in this country, at least a third of the population is either talking about the weather, has already done so or is about to do so," says social anthropologist Kate Fox.

Several features of Britain's geography make the weather the way it is: mild, changeable, and famously unpredictable. So it is a great topic of conversation.

Icebreaker

In some situations, weather talk is an icebreaker. In others it's used to fill awkward silences. Often it's an excuse for a good old grumble, but we can also use weather speak to gauge other people's moods and you can tell if someone is in the mood for a chat, or is feeling grumpy or under the weather!

It is obvious that we just cannot get enough of the weather. That is why the Ramsey & District U3A invited Chris Bell, East Anglian BBC weatherman and storm chaser to speak about his love of all things weather and especially chasing storms across Tornado Alley in the USA.

Chris began by explaining how important specific weather forecasts provided by Weatherquest are to our region. East Anglian farmers need up to the minute forecasts on wind speeds as well as the possibility of showers; they invest thousands of pounds in sprays for their crops which would be lost if they were washed away. Planting and harvest are also weather critical times. Chris also explained that wind farms depend on tailor-made forecasts to keep their maintenance workers safe both on land and at sea.

Storm chaser

As well as working as a weather presenter, meteorologist and assistant professor at EAU Chris has an unusual hobby, that of storm chaser. For weeks at a time he turns his attention to Tornado Alley, an area on the great plains of America between the Rocky Mountains and the Appalachian Mountains where tornadoes occur without fail every year. They are far more dangerous than hurricanes which move slowly and warnings can be given weeks in advance. By contrast the average warning for a tornado is 20 minutes which does not leave much time to find safety. The information on tornadoes that storm chasers have provided has made the twenty minute warning possible and the videos which Chris showed of the total devastation caused in minutes by a tornado was almost unbelievable.

Members of the U3A were held spell bound by Chris Bell's informative and entertaining talk and he stayed for some time to answer their questions on all things weather.

However, did you know that England is also a hotspot for tornadoes? A study found there are more twisters per square mile in England than in any other country. They occur in the Thames Valley between Reading and London. We can't compete with the size and fury of those occurring in America but we do have more of them.

Jobsearch raises money for homeless

A breakfast event run by Ramsey Jobsearch raised around £50.00 for homeless charity Wintercomfort on Monday 17th October. Taking orders from ten until noon, Allison Seery and the Jobsearch team provided teas and coffees alongside cereals, porridge and other morning foods to hungry breakfasters. Also lending a hand were Councillors Lisa Duffy and Michael Tew, alongside regular phoenix project attendees.

The event was held in aid of Wintercomfort, who provide vital welfare services and other opportunities for homeless and vulnerably housed people, offer valuable work experience through social enterprises such as Food4Food and Overstream Clean.

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fun with friends of the Great Fen

Where has the time gone?

Spring had merged in to Summer and the warm sunshine had bathed the Fen in brilliant shades of yellow and left in the evenings with the reddest and most beautiful of sunsets. The huge skies of the fen had glowed as if on fire, revealing the silhouettes of trees along its horizon. Luna the dragonfly had danced gracefully late in to the evening warmth and had marvelled at the skies around her. Many of the dragonflies that been out late on such warm evenings could be seen flittering amongst the dried out reeds of the ponds and river edges.

Before anyone knew the year had moved on and it was barely noticed that the trees were changing from their host of greens to the orange and brown hues of Autumn. Verity, our dear friend the water vole, had pulled her shawl up over her shoulders that little bit more of late ,as she noticed the slight nip in the air as the daylight failed. First thing in the morning the grass was wet now and her breath made a faint misting on her spectacles as she breathed , stretching out from her warm burrow.

Newton, the intrepid explorer had been so busy investigating anything that moved, with his trusty equipment in his well laden back pack, that he had no idea what time of day, week or season he may be in. The life of a crested newt was a constant blur, especially for Newton. There was just so much to see and do that he never actually had time to sit down for more than a few moments or to finally stop long enough to gain some sleep.

However, Squadron Leader Swoop, the keenest eyed Marsh Harrier in the fen, had noticed. From high up in the skies he had seen the changes in the trees.

He had witnessed the thousands of green leaves slowly turning to brown and red and begin to crisp and fall. He knew that for him it was time to go. To leave this place he loved so much and to make his long journey back to Africa to escape the cold fenland winter. His brown back and gingery belly were in good form and his black tipped , long grey wings were preened and ready for his amazing long travels ahead. It would be a long journey, often fraught with dangers, but he would make it and would return again in the Spring to visit this most beautiful of places. He prepared himself and in turn visited his Fen Friends to wish them well whilst he was to be away.

Verity, Newton and Luna had watched him circle high above and felt no fear when he swooped down to the ground beside each one of them to say his farewells.

Newton asked " Oh Africa its such as long way. Have you got your route planned, I have a map in my bag if you need one?" Although Newton was well travelled in newt terms, he had never actually left the boundary of the Great Fen before. He was envious of his friend but deep inside would have been very afraid to have gone so far.

"I'm fine thank you, I know exactly where to go. I follow the same route every year just as my ancestors have always done" Swoop replied

"Will you be warm enough" asked Verity, folding her shawl tighter to her neck.

" A lot warmer than you will be when the winter comes, my dear old Verity. Keep that burrow nice and clean and don't you go losing that stick or your spectacles will you" he replied .

Luna looked sad. She knew her dancing days were ending soon . She also knew that dragonflies would have made a very tasty snack for Swoop, but he had always been her friend and a constant look out for everyone in the massive Great Fen. "Take care Swoop" she gently voiced as she left the group to return to the comfort of the reed bed.

"Goodbye my Friends" said Swoop. He lifted gracefully as ever up high in to the skies above them, high in to the clouds within the blink of an eye. "See you next year and I will try and bring back some of that African sunshine with me" he shouted down from high above. With that he was off, not to be seen for many a month.

"I wish I could go too" frowned Newton "What an adventure that would be. Africa!" He turned towards Verity "But what would I do without you Newtown, I need my friends like you, especially when it gets colder and with snow and frosts on the ground. "

Newton nodded "Yes Verity, we all need to look out for each other don't we and I expect I will have an adventure before long trying to find your missing stick" They both nodded for Verity would lose her stick many times, especially if it fell on to the white carpet of snow that would surely follow in the months ahead.

The Great Fen Quest: Download this digital App available on ipads and desk top computers. Come and join Newton the Great Crested Newt on a fantastic journey around the Great Fen to help him collect ingredients for his birthday cake! The Great Fen is a very special place for wildlife to live and for people to visit. Children will get the chance to hunt for hidden treasures, complete puzzles and challenges. As well as meeting some of Newton's friends, that live in this amazing place, whilst discovering some wonderful wildlife facts.

Each level within the game introduces new knowledge and requires different skills – a fantastic challenge within a nature focused environment.

Interested in the Project?
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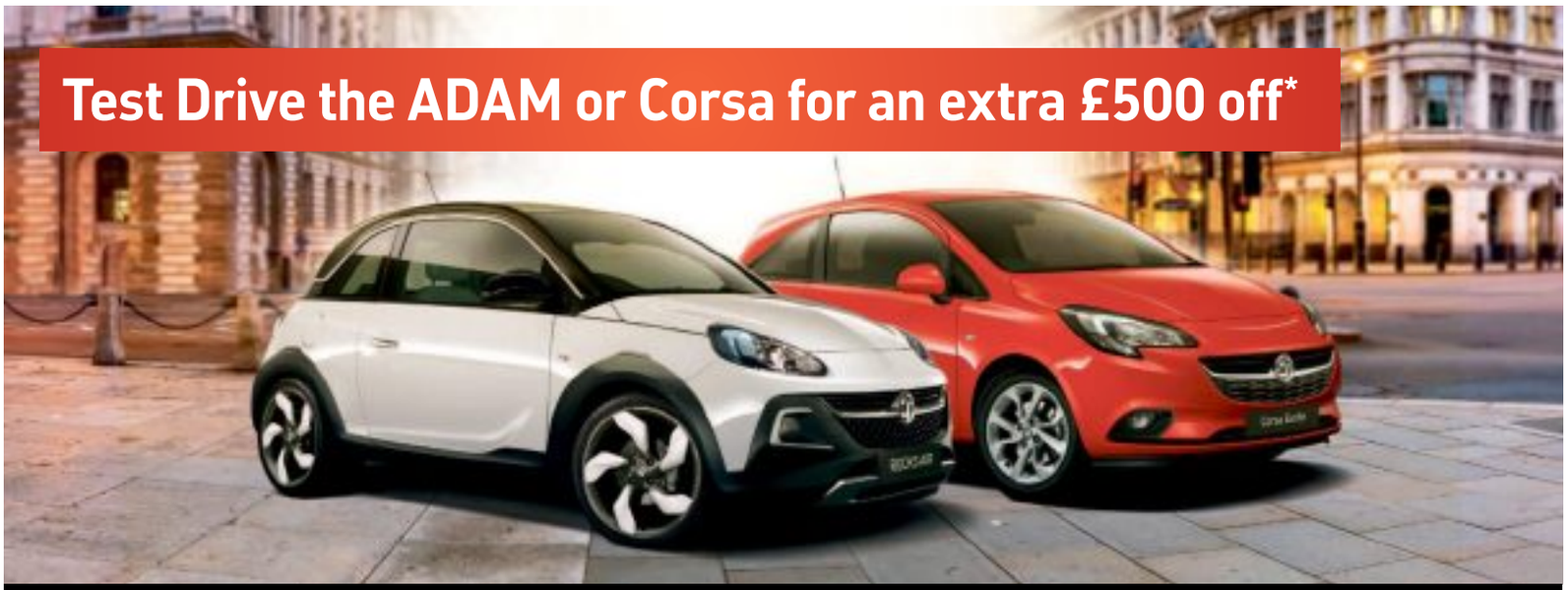

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64	Corsa 1.2 Excite (Ltd Ed) 5Dr, Red, 14,000 Miles	£6,495	£5,995
59	Corsa 1.4 Design 5Dr, Silver, Only 24,000 Miles, Lovely People		£4,995
60	Corsavan 1.3TD Sportive, SIlver, 42,000 Miles, No VAT!		£3,995
59	Corsa 1.2 5Dr Semi-Auto, Met Blue, 74,000 Miles	£3,495	£2,995
55	Corsa 1.4 Design 5Dr, Auto, Silver, 49,000 Miles	£2,995	£2,695
04	Corsa 1.2 Excite 3Dr, Met Blue, Air Con, FSH		£1,595
	ASTRA	**WAS**	**NOW**
63	Astra GTC/SRi 2.0 Turbo Diesel, 3Dr, White, Only 18,000 Miles	£10,995	£9,995
65	Astra 1.4 Turbo Petrol SRi, 5 Dr, Metallic Blue, 14,000 Miles		£9,995
63	Astra 1.4 Energy 5Dr, Blue Metallic, 26,000 Miles, Local Car	£7,495	£6,995
	VIVA	**WAS**	**NOW**
66	Viva 1.0 SL 5Dr Semi-Auto, Purple, Delivery Miles		£9,995
16	Viva SL 5Dr, Black, 1500 Miles	£8,695	£8,495
16	Viva SL 5Dr, Red, 800 Miles	£8,695	£8,495
	MERIVA	**WAS**	**NOW**
13	Meriva 1.4T (Petrol) SE, Blue, 23,000 Miles		£7,995
	ZAFIRA- 7-Seater	**WAS**	**NOW**
65	Zafira Tourer 1.6 Turbo Diesel SRi, White, Only 9,000 Miles, Sat Nav, Big Alloys		£15,995
	MOKKA	**WAS**	**NOW**
16	Mokka 1.6 Turbo Diesel SE Auto, Silver, Only 1,500 Miles, Huge Saving From New	£16,995	£16,495
16	Mokka 1.4T SE, Leather, Sat Nav, Blue, 7,000 Miles		£14,995
16	Mokka 1.4T SE Auto, Leather, Blue, 5,000 Miles		£14,995
15	Mokka 1.4T, White, 13,000 Miles	£13,495	£12,495
15	Mokka 1.6 Tech Line, White, Sat Nav, 15,000 Miles	£11,995	£11,495
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55	Vectra 1.8 Exclusiv, Silver, 66,000 Miles, Lovely People		£2,495
	EX-DEMOS	**WAS**	**NOW**
65	Mokka 1.6 CDTi Exclusiv 5Dr, Black, Only 2,000 Miles, Huge Saving From New!	£16,995	£14,995
65	New Shape Astra 1.6 Turbo Diesel SRi 5Dr, Flame Red, Only 3,000 Miles	£16,995	£13,995
16	Meriva 1.4 Exclusiv, Met Grey, Only 400 Miles		£13,995
16	Corsa 1.0T Limited Edition, White, Low Miles		£13,995
64	Insignia 2.0 CDTi Ltd Ed, Black, 5,500 Miles Only, Price New	£14,995	£12,995
16	Adam Rocks 1.2 3Dr, Blue, 3,000 Miles	£12,995	£12,495

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13	Ford C-Max Titanium 5Dr, Only 8,000 Miles	£10,995	£10,695
63	Renault Captur 1.5 Dci Dynamique 5Dr, Bright Orange, Sat Nav, 8000 Miles		£10,995
13	Citroen Picasso C3 1.6 Diesel, Blue, 14,000 Miles	£8,495	£7,995
59	Nissan Qashqai 1.5 Turbo Diesel Accenta, Black, 80,000 Miles	£6,495	£5,995
57	Citroen C2 1.6 Code (Limited Edition), Silver, Leather, 59,000 Miles		£2,995
10	Chevrolet 1.2 Aveo LS 5Dr, Blue, Air Con, 25,000 Miles	£2,995	£2,695

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ADAMS FITNESS CHALLENGE

PART 3 - A PAIN EVERYWHERE ELSE!

Me and Nicola Kingswood - pre circuit session. You wouldn't want to see what I looked like afterwards.

Last month, I felt successful. Now, I feel I was both naïve and somewhat unwary. My cavalier attitude to exercise came to a dramatic, shuddering halt this month and can be summed up in two words. Circuit Training. But first, let's look at how I've been getting on.

A slowdown, and a speed up

In terms of weight loss, things have slowed – I'm down just 2 kilograms this month. However, the fat itself appears to be dropping off! I now happily fit into shirts that have not been comfortable since university, and I have been forced to buy a whole wardrobe of new jeans and trousers. I even managed to squeeze back into an old pair of jeans that were four inches narrower than my previously comfortable pairs! The shock almost cost me another few pounds!

Fortunately, we were anticipating this and I was booked in for a fitness and body-fat percentage test with the ever helpful Nicola, of whom you will hear more about later. The tests themselves measure your aerobic ability and the level of fat in your body. In terms of body fat, the signs are bad. By which I mean the scales broke when I stepped on them. I am completely serious. I have been assured that new scales are on the way, and I take only mild responsibility for their breaking... Stop laughing!

In terms of aerobic activity, its more promising. My short test placed me bang in the middle of the lower end of the scale, not terrible but at the same time certainly not good. However, this precipitated an upping of activity across the gym, with Nicola throwing a few resistance levels up on my training programme. I'm booked back in for another fitness test in the next few days, but I already know for a fact that this has worked. How, you ask? Read on...

Circuit Training

Incidentally, I am writing this after my second circuits class. I intended to write after my first, but was in such a state by the time I made it home that it simply was not possible! But I digress. At the end of my fitness test, I got to chatting and Nicola mentioned she teaches several classes both here and in St Ives, on top of her work as a personal trainer. "Come and try circuits" she said. "It will be fun!" she said. And you know what, it really is! It just took me a little while to realise that. So, for the uninitiated, let me paint you a picture. When you enter the sports hall, a series of equipment, mats and weights are laid out in a circle. After a short, intense warm up you take a position in front of one, and work through each in turn, doing a different exercise at each until you complete a full circuit. Sounds simple? It is so much more!

My personal journey can be summed up in stages. Hopeful optimism, as I entered the room. A delusion of grandeur as I completed first exercise with ease. Then a sudden realization – I was half way through a squat and almost on the floor. Following this was forty minutes (each session last approximately fifty) of fight or flight, as I pushed and panted through each set in turn, feeling bad for the two women paired with me as I slowly melted into a puddle of wobbly muscles. Collapsed at the end, Nicola comes over. "Don't worry", she tells me, "you'll feel amazing in about half an hour".

I must admit, the physical journey home after that was the real test. I was honestly not sure, each time I pressed down on the clutch, weather my foot would come back up again. But, with a little pasta and quite a lot of water, I felt on top of the world. Nicola was right, I was feeling amazing. Of course, for the next three days I could barely walk…

Even so, the very next week I was back! And, I must admit, things were better. Certainly it was still a tough session, which I was feeling for days afterwards. I was worked just as hard, but I was ready for it, and I am certain I was better able to handle it. I have noticed the same thing during gym sessions – I can push that little harder. So don't be put off, it's all part of the membership so get down the classes.

Buddy Up

One other thing I can recommend is finding a friend. One of the most surprising aspects of the gym, at least in Ramsey, is that it is a very friendly place. I have mentioned the staff in previous editions, and I continue to enjoy their companionable attitude and open door policy – in particular I must thank Nicola for answering my never ending stream of daft questions and generally putting up with my ignorance of basic fitness. But on top of that, my fellow gym goers are an entertaining and friendly bunch.

Don't get me wrong – no-one wants to be spoken to half way through a tough run or a heavy lift. But I was pleasantly surprised by conversation in-between sets, or standing waiting for a class to start. Mostly, its people wanting to take the mickey after reading these columns (which is more than fair enough, and rather welcome!), but I've enjoyed my share of advice and the odd joke. Recently, I've been joined by my far more exercise-experienced brother, which has not only got me down the gym more but provides a bit of motivation to push harder. Plus, someone to commiserate with about the state of my muscles following circuits is utterly invaluable. So that's my advice for this month – drag your family, your partner, your friends down to the gym. It does everyone good!

Optional Extras

Also, while you are there, check out the extras. Unbeknownst to me, my membership includes access to a well-hidden (and yet well signposted…) steam room and sauna, both located in the changing rooms across from the reception desk. Having never been much of a sauna person, I can now highly recommend a good sweat after exercise! Used sparingly, my formerly breathless drives home are now a little more easy going, and there is something of a unique feeling after a session. I'm told this has something to do with vasodilation… I won't get into it. It works, put it that way!

In short, last edition I felt lighter. This month, I've found a sense of achievement - I'm feeling fitter. I'm rather excited to see what the last month has in store... at least one spinning session I think!

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SWIMMING POOL TIMETABLE ONE LEISURE RAMSEY

Timetable is effective from Monday 31st October to Tuesday 20th December 2016

Mo	Early Birds 6.30 - 8.30	Baby & Toddler Lessons 9.30 - 10.00	Private Use 10.00 - 11.00	Parents & Under 5's 11.00 - 11.55	Adult Lanes 12.00 - 1.00	Private Use 1.00 - 3.30	Junior Lessons 3.30 - 6.00	Public Swim +1 Lane 6.00 - 7.30		Lane Swim 7.30 - 9.00
Tu	Early Birds 6.30 - 8.30	Private Use 9.00 - 11.00		Aquafit 11.05 - 11.55	Adult Lanes 12.00 - 1.00	Private Use 1.00 - 4.00	Junior Lessons 4.00 - 6.00	Public Swim 6.00 - 7.00	Lane Swim 7.00 - 8.00	Private Use 8.00 - 9.00
We	Early Birds 6.30 - 8.30	Baby & Toddler Lessons 9.30 - 10.00	Aquanatal 10.05 - 10.55	Parents & Under 5's 11.00 - 11.55	Aquafit 12.05 - 12.55	Private Use 1.00 - 3.30	Junior Lessons 3.30 - 6.00	Floats Fun 6.00 - 7.00	Aquafit 7.05 - 7.55	Lane Swim 8.00 - 9.00
Th	Early Birds 6.30 - 8.30	Private Use 9.00 - 10.30		Adult Lessons 10.30 - 11.30	Adult Lanes 12.00 - 1.00	Private Use 1.00 - 4.00	Junior Lessons 4.00 - 6.00	Public Swim +1 Lane 6.00 - 7.30		Lane Swim 7.30 - 9.00
Fr	Early Birds 6.30 - 8.30	Private Use 9.30 - 11.00		Parents & Under 5's 11.00 - 11.55	Adult Lanes 12.00 - 1.00	Private Use 1.00 - 3.00	Junior Lessons 3.30 - 6.00	Public Swim +1 Lane 6.00 - 7.30		Canoe Club 7.30 - 9.30
Sa	Early Birds 7.30 - 8.30	Junior Lessons 8.30 - 12.00			Party Hire 12.00 - 12.50	Floats Fun 1.00 - 3.00		Party Hire 3.00 - 3.50	Swimming pool closes at 3.50pm	
Su	Lane Swim 8.00 - 9.00	Family Fun 9.00 - 11.00		Parents & Under 5's 11.00 - 11.55	Party Hire 12.00 - 12.50	Floats Fun 1.00 - 2.30		Public Swim + 1 Lane 2.30 - 3.45	Swimming pool closes at 3.45pm	

LIFE IN THE SADDLE

Last month, we sat down with dressage rider and aspiring champion Nathan Aston to talk about the finer points of that most complex of riding sports – dressage

"The best way of describing is gymnastics for horses. You can look at it that way, or you can look at it as dancing for horses. Its ballroom dancing for horses." Sat in a packed Wild Frost, this is how professional and thoroughly likeable rider and Nathan Aston begins to explain the world of dressage, which at the time I regarded as one of the most confusing sports in the world. By the end… well, I was still a little confused. But enlightened to this surprisingly open and inviting sport.

What is Dressage?

If you are as lost as I was, here's a quick refresher. Dressage involves both horse and rider performing a specific pattern of movements, which Nathan explains is set according to their current level of training. All competition in the UK starts at intro level, where only walk and trot movements are performed, while the more advanced grand prix level is seen at international events like the Olympic Games.

There are also freestyle competitions, where riders perform their set movements in any order and at any place in the judging arena, where competitions take place. Incidentally, this is often performed to the rider's choice of music, hence the ballet comparison. In order to compete successfully in dressage, the horse must be expressive yet obedient and able to maintain the correct body form without any signs of stiffness.

How it all began

Back in wild frost café, Nathan explained how and why he ended up enthralled by this sport, beginning with his families time in France. Today the Aston family hails from Forty-Foot, but as a child they made a challenging move to just north of Brittany, where Nathan fell in love with riding. "We lived in France", he explained, "for a few years and I got hooked on horses there. I was going to come back and go to school at Hartford college, but decided I to work instead".

Moving on to work both in an office and with horses in Ely, Nathan eventually decided to pursue his passion, getting online and searching for a new role as a rider. Currently, he is working and riding professionally at Lassetters' Goodwood yard, or as he puts it: "training with two of the top trainers in the country".

However, his motivations still stem from his family's struggles on the continent, and he takes great pride in continuing their success. "Looking back at where we were back in France, right at the bottom, and then here we are now, I look at my dad and I think wow, he has worked his absolute backside off and I want to pull a lot of that through and do the same". Later, when we came onto the economics of racing, I ask if it helps or hinders, not having the kind of financial backing others might have. His response is telling: "there are other people that perhaps will buy their way into everything but I don't really think they perhaps know the value, just what that is worth." But we are getting ahead of ourselves.

A day in the life

"A day for me starts at half past six in the morning", says Nathan. "We feed the horses, turn the horses, muck them out, feed them again, then start the riding". And that is just the morning. Working full time, Nathan is expected to fully contribute to the welfare of his horse, Ratinio, a Remy Martin-sired 11-year-old who Nathan had practically found in a field. In dressage, training is just as important for the horse as it is the rider. He continues: "then we'll feed them again, skip them out and get them back in. That ends around half past 6". All in all, an active and full day's work.

This has been Nathan's life for the past eighteen months, a far cry from his year and a half working in an office beforehand. I ask what made him give that up, and he admits that dressage was not always his cup of tea. "I was a jumper to start with", he told me, "It was a case of 'I don't want to do this, I want to stay on the floor', and after that I just got hooked on dressage and got hooked on the power that the horses have, and I just loved it."

What changed? Amazingly, it was the aspect of power to the sport, something I had honestly not considered. "When you sit on a horse the horse has got to have enough momentum, and it's all about power being able to lift the horse and yourself", Nathan explained, "sometimes you get thrown out of the saddle! In extended trots, when they really flash their toes, you can get thrown out of the saddle pretty hard. It's over half a ton of muscle, that's what I say about power!"

Getting Competitive

Of course, all the training is leading to that most vital of tests, competition. As explained before, there are several levels to dressage at competition level, but as with most sports there are also significant distinctions between local, national and international championships. "You have to work your way up, starting at the bottom. I was lucky enough to go with my horse, so I had a ride, and since then I've progressed through three or four different rides", Nathan explains, "The way that it works is you go to local competitions. So my horse, last year for example, whenever he went to a show he won a class, so it was about an 80% winning streak for that horse, which is pretty good for him! He's always been placed at regional championships, one of which we won, which was great for us!"

Clearly, Nathan's partnership with Ratinio, known fondly to him as 'Ratty', has proved invaluable. That win at regional level qualified Nathan for his first national competition in April, where the team placed 11th in the country. Clearly thrilled with his horse's performance, Nathan enthused "I'm very very happy with him" while explaining their further victories in area festivals and in west Yorkshire.

However, for Nathan the end goal is clear: The Olympic Grand Prix. "Definitely, that's where I want to be", he says, "that's up there with the best". While he wouldn't change this lifestyle for the world, he remains clear headed about the future. When asked if, given the international nature of racing, he would still be wanting to muck out the horses and keep on with his day jobs, he answered with an emphatic yes. "You've got to stay grounded. I think it is really important as a rider you don't get too big headed. You've got to stay grounded and I think that is a good way of doing that"

Posh Pays

Since we began our conversation, a question had nagged at the back of my mind. We all associate horses, and particularly events such as showjumping or dressage, with a certain way of life. The clothes, horse names, event locations all suggest a certain class background. Is this true of the sport, I wonder? "Do you know what, I think that anybody can get into it.", says Nathan, although he does admit that as with most high level competition, money is key. "They say to earn a small fortune in riding you've got to start with a big one", he jokes, "you do put a lot of money into it but The reward you get is bigger. For me anyway."

His advice to young riders is to put the money in now and invest in their future, and aside from funding you will need to lean on the same support group he has often called upon. "You have to have a certain amount of support behind you", he told me "but if I look at myself, for example, I'm from a background where my parents have worked their way up, and I look at them and try to do the same".

Is there a glass ceiling? "I think so, I think that if you have the people behind you, that will financially support you, then that's great. But otherwise you've got to keep going, keep putting bits of money in now while you can, and then when you hit that top level you start getting the sponsorship deals and earning the bigger money".

A word of advice

Lastly, because I know we've plenty of aspiring riders in the area, I asked Nathan for his advice. If you are looking to get into dressage, or indeed riding in general. His biggest tip, ironically, is get some advice! "You've got to talk to your local riding schools", he said, "or get online. I found my job on the internet, for example. You've got to talk to them and they will tell you where you need to go."

It is, it seems, quite an open and inviting community, although as with everything it helps to have your foot in the door. To that end, Nathan advises you decide what you want exactly, and don't be afraid to ask. "If you want to ride for a profession rider, maybe contact them and say 'look, I'm interested in riding, can I do a little work experience or just are you employing. You have to get the word out there and ask."

So what lies in store for Nathan. Clearly, he has the talent, his performance at national and regional levels shows that. But as with any sport, there is an x factor that I cannot quantify. I will say this, not only is he clearly passionate about his sport, he seems personally driven to achieve his goals. Also, despite admitting this was one of his first interviews, he comes across as a likeable, compassionate character who is knowledgeable about his sport and a great ambassador for it. It also doesn't hurt that he's happy to explain it to novices like me! All of this point to success in the future, and all that remains is for me to wish him the best of luck with his career. No pressure, but we'll be watching!

Pauline Harding, Chris Harris and Lisa Francis

Perkins Great Eastern Run Half Marathon

By Pauline Harding

In March of 2016 Rico Dunworth fell ill with a rare form of meningitis and this left him with life changing injuries to his lower limbs.

On October 9th 2016 we took part in the Perkins Great Eastern Run Half Marathon to raise money to aid in research and medical equipment to stop this happening to other people in the future. All three of us had never done a run before. We raised £650.00, are still buzzing from the day and are planning doing the moonlight walk in London in May next year which is a marathon.

We would like to thank everyone who sponsored us and helped us raise awareness for meningitis.

Meningitis Research Foundation

Upwood Cricket Club Report October 2016

Ellie Smith U13 Award

Jacob U 9 Coaches Player

Jacob U 15 Award

Sophie U11 Coaches Player Award

Upwood 1st unfortunately could not finish the season in manner that their mid season purple patch might have suggested and after a defeat or two and two games called off because of the weather they managed 5th in a very tight league but were within touching distance of a coveted second place and promotion to Hunts League Division 2. The last game of the season was closely fought at Houghton and Wyton and it must have been one of the few games completed that day due to the rain. In a reduced over game Upwood posted a very good score of 275 of 44 overs but after a recalculation due to the loss of overs Houghton and Wyton seemed to have the better end of the deal needing only 165 off 25. Upwood did in the end lose in very damp conditions which meant Houghton and Wyton went up. Despite the disappointment it was notable for Upwood's skipper Mitch Newman to post his maiden 100 for the 1st team. The seconds had a cracking last game of the season narrowly losing out in the last over to high flyers Buckden in Division 5. Despite finding it hard to put teams out at the beginning of the summer they finished strongly and this bodes well for next year. Notable performers of the year were:

Ryan Drage 6th in Bowling Averages (7.83)
Zac Stevens 15th in Bowling Averages (11.63)
Rob Landymore 8th in Batting Averages (40.22)
Ian Jones 10th in Batting Averages (36.33)
Mitch Newman 12th in Batting Averages (33.3)
Neil Tuffin 17th in Batting Averages (30.33)
David Drage 19th in Batting Averages (26.07)
Peter Cleaver 5th in Wicket Keeper Dismissals (4 catches 3 stumpings)

The club held their Annual Awards and Festival in September which attracted almost 60 members and family. Fun was had by all at the disco, bucking bronco, candy floss maker, bouncy castle and hog roast. Thanks, in part, to Gilbert-Scape landscapers graciously donating two barrels of beer the club made a small profit to cover the cost of all the activities. The award winners on the night were as follows:

1st Team Players' Player: **Rob Landymore**
2nd Team Players' Player: **Jason Short**
Under 15 Player: **Jacob Gathercole-Clarke**
Under 13 Player: **Ellie Smith**
Under 11 Players' Player: **Annabelle Woodward**
Under 11 Coaches Player: **Sophie Lawrence**
Under 11 Most Improved Player: **William Hamilton**
Under 9 Players' Player: **George Tuffin**
Under 9 Coaches Player: **Jacob Milner**
Under 9 Most Improved Player: **Lilia Milner**
Clubman of the year: (Joint) **David Drage/ Lucinda Blood**

The club will be holding it's AGM on the 25th November starting at 7.30PM in the clubhouse. Although most committee positions have a nominee all positions are of course open to anyone and it would be great to have some new people on board.

Finally, the author would like to thank all the players and juniors, the coaches and parents, our sponsors, the committee and all those who have helped out at events. He can say without a shadow of a doubt this is by far the best year we have ever had for participation of members and family social events (and the cricket was pretty good too). Here is to an even better 2017!

If you would like to come or have any other queries about the club please contact Neil on 01487 812924 or npe.tuffin@gmail.com

Young Pilots take to the sky

Four young pilots from the Nene Valley Gliding Club completed their first solo flights in October, earning their wings as glider pilots. 15-year old Sam Lee from Whittlesea and Ramsey Abbey's own 17-year-old Jordan Keilty completed their initial training and flew solo at the start of last month. For Jordan, this ended her official Gliding Scholarship which she was awarded under the Nene Valley Gliding Club/ Abbey College Ramsey scheme. Meanwhile, Sam following his success up with two more solo flights, the second of which was a soaring flight of 15 minutes.

Later in the month it was the turn of Toby Temple (17) and Zoe Woodward (15), both of whom were on the Scholarship scheme. All the young pilots have received their solo-pilot wings upon competition. These are presented to them by Steve Jarvis, the club's Chief Flying Instructor.

They can now go on to achieve their Bronze Gliding Certificates and their Light Aircraft Pilot's Licences (Sailplanes) over the course of the next 12 months or so under the assisted scheme run by the club.

Bethany Aston, Public Relations Officer for NVCG, said in a statement. "The first ever solo flight for any pilot is a very special event. It is great news that not one, but four of the Nene Valley Gliding Club's Young Pilots have achieved this over the past 3 weeks",

"The continuing success of the young pilots in the club shows well why Nene Valley are the leading gliding club in the UK with the development of young people in the exciting sport of gliding. Any young people are welcome to come along for an introductory flight on a Saturday or a Sunday."

GOOD START IN FROSTBITE FOR RAMSEY

Ramsey Road Runners started the Frostbite League in fine style by finishing 6th out of 16 teams in race 1 out of 6 at Priory Park St Neots on October 2nd.

Shaun Walton finished an excellent 4th overall at the St Neots Frostbite.

There were 444 finishers in the race that is run over 3 laps around the park. Shaun Walton was first for Ramsey and an incredible 4th overall in 27 minutes 37 seconds. He said, "I felt strong all the way round and it was a great start to the Frostbite season for me and the team. We had a great result last year in the league and we want to better that this year if possible."

Ramsey came 4th overall in the 2015/16 season and would love to make the top 3 this year. 10 runners make up the scoring for each team, the top 3 male and females plus the next 4 highest finishers. Ramsey had 18 runners finish overall in the seniors race and even those who did not score for the team still play their part as they can potentially take points off other teams.

Points are given depending on finishing position, so Shaun who finished 4th received 4 points, the team with the lowest points overall is the winner of that race. Darren Paine, who finished 29th overall said, "There is a great team atmosphere at these events, Ramsey is a very supportive club."

The Ramsey Juniors team came 8th out of 15 teams with Ryan Bullard first home for the boys in 13th place overall and Rosie Mead was first for the girls. They are looking to build on their excellent 6th place finish overall last year.

For full results and to keep up to date with the latest Ramsey Road Runner news, visit their website at www.ramseyroadrunners.org.uk or follow them on Facebook. New members of all abilities are welcome so go along to club nights at OneLeisure Ramsey on Monday and Wednesdays from 7pm.

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Photo: The Welsh Open field.

WELSH OPEN HOPES GO WEST

Ramsey hot shot minigolfer Steve Lovell was back in competition action at the Welsh Open in Cardiff, where he laboured to a joint sixth finish.

Lovell had come with high hopes after achieving third place in 2015, but struggled to find the form he produced in the middle of the year. "I prepared well, having travelled down on the Friday morning. I made the mistake of playing practice rounds on the Sunday morning, where I broke the course record, when I should have fine-tuned some lines," said Steve. "I return from Cardiff with many good memories, we got treated so well by the staff and owners at the course, so I would like to thank everyone who made us feel welcome," he went on to say..

Two events left

There are just two events left in the calendar for 2016, the opens in Kent and Birmingham. Steve is still clinging on to third place in the national rankings as his quest for a best ever end of season position continues.

Ramsey & Warboys Reporter ON LINE

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